

Decoding Distress

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Distress and Dementia – two words that we often find used together. And just why is that, I wonder? Who is in distress, and why is it happening? Can distress be prevented entirely? Or, perhaps minimized? Wow, many questions, I know! So how do we actually go about figuring this out? How do we decode distress?

Let's use the scenario in this video clip to help explore some of the questions presented above:

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What did you notice about the distress levels in Take One? Who was in distress? Why? How did Cheryl's reaction contribute? What did you notice was different in Take Two? Why? Who made a change and how did those changes impact the levels of distress? Which version had the greater likelihood of success regarding getting Carolyn to her appointment?

Take a look at this second clip to see PAC Consultants, Cheryl Buchholtz and Carolyn Lukert, debrief both versions of the scenario. And now, the big question is ... what will YOU do differently to decode and address distress?

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Carolyn Lukert is a PAC certified consultant, coach, trainer, and mentor. As a care partner in her own family, and having been a care manager in private duty home care, and in senior living communities, she brings a broad perspective to her roles with PAC. Carolyn balances her time between Rhode Island and Florida, where she provides support to families where dementia is present. She has also been very involved in staff development and organizational culture change relative to the care of individuals living with dementia.

Cheryl Buchholtz is a Personal Support Worker with 20 years of Long-Term Care experience. Cheryl has passion for caring for and supporting people living with dementia. Cheryl has a strong connection with people of higher needs. She is able to see them for who they were and love and respect them for who they have become. Cheryl has served on the Behavioral Support Ontario Team for 5 years! With the knowledge and awareness that Cheryl has gained from PAC and completing the PAC Trainer certification and PAC Consultant certification she is not only supporting PLWD she is consulting and providing ongoing support with Care partners as they live the journey of dementia related challenges. Cheryl's role with the PAC team is a Support mentor/virtual mentor supporting new learners through the PAC certification process. When not working Cheryl loves spending quality time with her husband, two adult

children and 5 grandchildren. Best not leave her white Sheppard, Quazz,y out as he is the biggest child of the household.