

TALK WITH TEEPA: CAREGIVING, COMPASSION, AND COVID-19

with Teepa Snow, MS, OTR/L, FAOTA




1

Our agenda

Welcome and introductions
Eugenia Welch, Alzheimer's San Diego
Todd Shetter, ActivCare Living

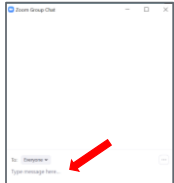
Caregiving, Compassion, and COVID-19
Teepa Snow

"Talk with Teepa" Q&A
Moderated by Amy Abrams, Alzheimer's San Diego

2

About today's program

- Participant video and microphones are disabled
- Please submit questions during the program using the "chat" box
- This session is being recorded
- Reach out to us any time at info@alzsd.org



3

Eugenia Welch,
President & CEO
www.alzsd.org



 Supportive Counseling	 Virtual ALZ Companion Visits
 Online Education	 Movement & Motion
 Support & Discussion Groups	 Volunteer Tech Team

4

Todd Shetter
Chief Operating Officer
www.activcareliving.com



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 Mission Bay San Diego	 Rolling Hills Ranch Chula Vista

5

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6



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7

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8

CARING, COMPASSION,
AND COVID-19

9

How might the concept and protocol of a pandemic be different for those living with dementia?

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10

The GEMS® Progression of Dementia:



- Sapphires: True Blue – Slower but Fine
- Diamonds: Repeats and Routines, Cutting
- Emeralds: Going – Time Travel – Where?
- Ambers: In the Moment – Sensations
- Rubies: Stop and Go – Big Movements
- Pearls: Hidden in a Shell - Immobile

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11

How do each of these GEMS States differ in transmission risk and the ability to follow guidelines for infection control?



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12

Positive Physical Approach™: How to Modify During a Pandemic?



- Pause at edge of public space (6 feet)
- Gesture and greet by name
- Offer your hand and make eye contact
- Approach slowly within visual range
- Shake hands and then maintain Hand-under-Hand®
- Move to the side
- Get to eye level and respect intimate space
- Wait for acknowledgement

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Hand-under-Hand® Assistance:



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14

Communication and Connection Strategies While Using PPE :

- Pause at door of room or more than six feet away to make connection and communicate before putting on mask
- Practice 'smiling' with your eyes and full body rather than just your mouth
- Make sure you have gloves on and pulled over sleeve cuffs before approaching to do Positive Physical Approach/Hand-under-Hand
- Wear a covering (i.e. an apron or scrub jacket) that has pockets to put things in, such as extra gloves

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Communication and Connection Strategies While Using PPE:

- Bring visual props and cueing items that can be left with the person or properly sanitized
- Demonstrate with motions what you are trying to convey
- Move your body while in supportive stance to demonstrate what you are wanting the person to do
- Break things down into short and simple pieces if the person is not able to comprehend the messages
- Use an open, exciting, open-embrace posture to catch attention and seek admission
- Slow your motions down and listen and look for a reflection that indicates the person is getting what you are offering, before moving on

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16

Positive Personal Connections:

- Greet: Introduce yourself and use their preferred name
"Hi Alice, I'm Megan" or "I'm Megan, and you are?"
- Compliment: Indicate something about them of value
"You are looking really colorful today!"
- Share: First about you, then leave a blank
"I'm from Kansas, and you're from...?"
- Notice: Point out something in the environment
"You must love that plant, seeing how well you care for it."
- Seek: Explore a possible unmet like, want, or need
"It's a bit chilly in here, a hot drink would be nice. Do you prefer coffee or tea?"

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17

Positive Action Starters:

- Help: Be sure to compliment his or her skill in this area, then ask for help with something
"You are so good at baking, would you please help me?"
- Try: Hold up or point to the item you would like to use, possibly sharing in the dislike of the item or task
"Could we just try this?"
- Choice: Try using visual cues to offer two possibilities or one choice with something else as the other option
"This, or that?"
- Short and Simple: Give only the first piece of information, maybe offer a time frame of 1-5 minutes
"It's about time to brush teeth."
- Step by Step: Only give a small part the task at first
"Lean forward."

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18

Tips for Connecting When on the Phone or Video Chat:

- For video calls, turn your body sideways away from the camera instead of facing straight on in a more 'confrontational' stance
- On video, exaggerate your facial expressions and use lots of hand motions (thumbs up, thumbs down, pointing, gesturing, etc.)
- Share something about yourself first, then ask them something related to that
- Allow pauses in conversation for the person to respond or process- even if they do not have the words to respond

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19

Top Five Unmet Needs:

- | | |
|--|--|
|  <p>Physical Needs:</p> <ul style="list-style-type: none"> • Hydration and Nourishment • Wake-sleep and active-rest cycles • Elimination: all forms • Find Comfort: 4Fs and 4Ss • Pain-free: <ul style="list-style-type: none"> • Physical – body • Emotional – relationships • Spiritual – belonging/purpose |  <p>Signals of Emotional Distress:</p> <ul style="list-style-type: none"> • Angry • Sad • Lonely • Scared • Bored – Lacking Purpose |
|--|--|

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20

Reducing Unmet Need Challenges:

- Having to wait
- Lacking purpose
- Feeling overwhelmed
- Feeling threatened
- Feeling abandoned
- Finding no joy



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Engagement and Environmental Management Considerations During a Pandemic

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What Do People with Dementia Need?

- Daily Routine!
- Help to fill their day with meaning
- A Balance of:
 - Productive activity: feeling valued
 - Leisure activity: having fun
 - Self-care activity: wellness, health, personal care
 - Restorative activity: sleep, rest, and re-energizing
- A Match-Up for Preferences:
 - Large Group, Small Group, 1:1, Alone
 - Active versus passive
 - Sensory options: visual, auditory, tactile, olfactory, gustatory

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23

Examples of Meaningful Engagement Activities:

- Productive Activities: sense of value and purpose
- Leisure Activities: having fun and interacting
- Self-Care and Wellness: personal care of body and brain
- Restorative Activities: re-energize and restore spirit

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24

Productive Activities: How to Modify During a Pandemic?

- Helping another person
- Helping family members/caregivers
- Completing community tasks
- Making something
- Sorting things
- Fixing things
- Building things
- Creating something
- Caring for things
- Counting things
- Folding things
- Marking things
- Cleaning things
- Taking things apart
- Moving things
- Cooking/baking
- Setting up/breaking down
- Other ideas

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25

Leisure Activities: How to Modify During a Pandemic?

- | | |
|---|---|
| Active: <ul style="list-style-type: none"> • Socials • Sports • Games • Dancing • Singing • Visiting • Hobbies • Doing, Talking, Looking | Passive: <ul style="list-style-type: none"> • Entertainers • Sport program/event • Presenters • Living room or lobby sitting • TV programs: watched • Activity watchers • Being done to |
|---|---|

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26

Self-Care and Wellness Activities: How to Modify During a Pandemic?

- | | |
|---|---|
| Cognitive: <ul style="list-style-type: none"> • Tabletop tasks <ul style="list-style-type: none"> • Matching, sorting, organizing, playing • Tabletop games <ul style="list-style-type: none"> • Cards, board games, puzzles • Group games <ul style="list-style-type: none"> • Categories, crosswords, word play, old memories | Physical: <ul style="list-style-type: none"> • Exercise • Walking • Strengthening tasks • Coordination tasks • Balance tasks • Flexibility tasks • Aerobic tasks • Personal care tasks |
|---|---|

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27

Rest and Restorative Activities: How to Modify During a Pandemic?

- Sleep/naps
- Listen to quiet music with lights dimmed
- Look at the newspaper
- Look at a calm video on TV screen
- Rock in a chair
- Swing in a porch swing
- Walk outside
- Listen to reading from a book of faith
- Listen to poetry or stories
- Listen to or attend a worship service
- Stroke a pet or animal
- Stroke fabric
- Get a hand or shoulder massage
- Get a foot soak and rub
- Listen to wind chimes
- Aromatherapy

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Diamond Interests:



- What they feel competent at
- What they enjoy
- Who they like
- What makes them feel valued
- Where they feel comfortable but stimulated
- What is familiar but intriguing
- What is logical and consistent with historic values and beliefs
- Whoever is in charge

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29

Emerald Interests:



- Doing familiar tasks
- Doing visible tasks
- Historic tasks and people and places
- Engaging with or helping others
- Finding important people or things
- Having a 'job' or 'purpose'
- Being an 'adult'
- Getting finished and doing something else

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Amber Interests:



- Things to mess with (may be people!)
- Places to explore
- Stuff to take, eat, handle, move
- Visually interesting things
- People who look or sound interesting, or places that are quiet and private
- Textures, shapes, movement, colors, numbers, stacking, folding, sorting

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Ruby Interests:



- Walking a routine path
- Going forward
- Watching others
- Being close or having space
- Things to pick up, hold, carry, push, wipe, rub, grip, squeeze, pinch, slap
- Things to chew on, suck on, grind
- Rhythmic movements and actions

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Pearl Interests:



- Internal cues
- Pleasant and familiar sounds and voices
- Warmth and comfort
- Soft textures
- Pleasant smells
- 'Good' tastes
- Smooth and slow movement
- Just right touch and feel

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33

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34

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Additional information, support, and resources for those caring for a person living with dementia during the COVID-19 pandemic are available at www.alzsd.org/coronavirus

35