To Start, look at these two videos:

- What do you notice about the helper and the person being helped?
- Why did each of them do what they did in the two clips?
- How does this relate to what happens in your daily or real life? How does it relate to what you will be doing today?
- What is one thing you want to focus on today, as you move forward?

We are going to be Practicing:

Getting some new ways of:
- Working with a partner
- Making mistakes
- Being surprised
- Trying again
- Making progress
**Introduction: PAC Beliefs**

- The relationship comes first, not getting what we want done
- We are a key to making life better for both of us
- People living with dementia are doing the best they can and so are we...
- Unless we can change

- We are here to help you make some changes

**Today is also about skill building:**

Our first skill: Offering to Start a Relationship

**Making an Offer to Connect**

“Hi, _____ (their name) I’m _____ (give your name).” (acknowledge their response)

“Oh, I like your ______.” (use visual cues, acknowledge their response)

“I’m a stronger (introvert/extrovert), and you are a stronger (introvert/extrovert)?” (acknowledge their response)
Vision Changes: With each new level of vision change, there are new challenges in safety awareness

- Less Peripheral Awareness
- Tunnel Vision
- Binocular Vision
- Object→Use Confusion
- Monocular Vision
- Limited Visual Regard

Vision Changes:

- **Sapphires:** may lose up to 45° of field with focus or age
- **Diamonds:** tunnel vision
- **Emeralds:** binocular vision
- **Ambers:** sees parts, not whole, loss of object recognition
- **Rubies:** monocular, uses hand as second eye
- **Pearls:** inconsistent movement, familiar/unfamiliar

PPA Resource Card

[Image of resource card]

If you are in a public space and you start the interaction:

- Set your visual range, allowing approximately 6 feet.
- If they extend their arm, peruse with your head.
- Move from hand-held to hand-under-hand position.
- Offer your hand to be hand-held.
- Use a Positive Personal Connection (PPC) and wait for their response.
**Sensory Strip, Motor Strip, White Matter Connections**

Brain connected to body
- Sensation in
- Movement out
- Wired across the middle
- Strength and skill

**Big Changes**
- Skills change before strength
- Wiring across the center is changing
- Protective sensation stays strong
- Discrimination ability is diminished
- Curiosity may not be

**Hand-under-Hand®**
We Have Two Brains:

Cortical – the Neo-Cortex
- Thinking Brain
- Discriminating and Curious
  - It allows us to:
    - think logically
    - delay gratification
    - see from others’ perspectives

Reflexive – the Limbic System and RAC System
- Primitive Brain – home of the amygdalae
- Survival – Fright/flight/hide or seek
- Want things now, – immediate gratification

Positron Emission Tomography (PET)
Alzheimer's Disease Progression vs. Normal Brains

G. Small, UCLA School of Medicine.
For an In-Control, Non-Stressed, Mature Brain:

The Neo-Cortex leads and directs

The Limbic System runs the engine

Amygdalae:

<table>
<thead>
<tr>
<th>Threat</th>
<th>Needs Meeter</th>
<th>Pleasure Seeker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fright</td>
<td>Intake</td>
<td>Get likes met</td>
</tr>
<tr>
<td>Flight</td>
<td>Energy in-out</td>
<td>Do what I want</td>
</tr>
<tr>
<td>Fight</td>
<td>Output/waste</td>
<td>Get rid/leave it</td>
</tr>
<tr>
<td>Hide</td>
<td>Comfort</td>
<td>Feel good</td>
</tr>
<tr>
<td>Seek</td>
<td>Pain free</td>
<td>Feel better</td>
</tr>
</tbody>
</table>

Hippocampus

Learning and Memory Center:
- Way finding
- Learning and Memory
- Time Awareness
Hippocampus: Big Changes

Learning and Memory Center:
- Way finding
- Learning and Memory
- Time Awareness

Executive Control Center:
- Impulse Control
- Be Logical
- Make Choices
- Start-Sequence-Complete-Move On
- Self-Awareness
- See Others' Point of View
Executive Control Center:
- Impulse Control
- Be Logical
- Make Choices
- Start-Sequence-Complete-Move On
- Self Awareness
- See Others' Point of View

Positron Emission Tomography (PET)
Alzheimers Disease Progression vs. Normal Brains

Automatic Speech Rhythm – Music Expletives
Formal Speech and Language Center
How Do We Develop Skills?

**Unaware:**
Not ready – Not noticing

**Novice → Aware:**
Becoming Aware and gaining Knowledge while trying out Skills

**Proficient:**
Using Knowledge and core Skills to assist others in a chosen role – Aware that more is possible

**Accomplished:**
Gaining more Skill and focused on using Awareness, Knowledge, and Skill to improve self and aid others

**Master:**
Using developed Abilities to assist others in their development
Given this New Picture of Dementia:

How Likely Is It You Will Make Mistakes?

INTENT
I'm sorry, I was trying to help

EMOTION
I'm sorry I made you angry

THIS IS HARD
I'm sorry, this is hard, I hate it for you

THAT HAPPENED
I'm sorry, that should not have happened

INTELLECTUAL CAPACITY
I'm sorry, I had no right to make you feel that way

Understand
touch
see
feel

Show
Tell

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### Top Five Unmet Needs:

<table>
<thead>
<tr>
<th>Physical Needs</th>
<th>Signals of Emotional Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydration and Nourishment</td>
<td>Angry</td>
</tr>
<tr>
<td>Wake-sleep and active-rest cycles</td>
<td>Sad</td>
</tr>
<tr>
<td>Elimination: all forms</td>
<td>Lonely</td>
</tr>
<tr>
<td>Find Comfort: 4Fs 4Ss</td>
<td>Scared</td>
</tr>
<tr>
<td>Pain-free:</td>
<td>Bored – Lacking Purpose</td>
</tr>
<tr>
<td>- Physical – body</td>
<td></td>
</tr>
<tr>
<td>- Emotional – relationships</td>
<td></td>
</tr>
<tr>
<td>- Spiritual – belonging/purpose</td>
<td></td>
</tr>
</tbody>
</table>
Positive Physical Approach™:

To the tune of Amazing Grace
Come to the front, Go slow
Get to the side, Get low
Offer your hand, Call out their name
Then wait…..
If you will try, then you will see
How different life can be
For those you’re car-ing for.

Pause and Seek a Time-Out:

- To recover
- To think
- To practice
- To take care of yourself

What Are You Going to Do About It?

What Specific Awareness Do You Want to Work On?
What Specific Knowledge Do You Want to Work On?
What Specific Skill Do You Want to Work On?

Give it five minutes a day!