Changing Resistance to Care to Participation in Care

Four Truths About Dementia:

1. At least 2 parts of the brain are dying—one related to memory and another part
2. It is chronic – can’t be fixed
3. It is progressive – it gets worse
4. It is terminal – it will kill, eventually
Executive Control Center: Emotions Behavior Judgment Reasoning

Wiring – connecting, bringing data in and sending data out

Storage units - data

Hippocampus
Big Changes:
• Learn and remember
• Way-finding
• Passage of time

Understanding Language – Big Change

Changes in Language Skills
• Vocabulary
• Comprehension
• Speech Production
Sensory Strip
Motor Strip
White Matter
Connections: Big Changes

Automatic
Speech
Rhythm – Music
Expletives: Preserved

Formal Speech
and Language
Center: Huge Changes

Executive
Control
Center
Changes:

- Being logical, reasonable, rational
- Controlling impulses
- Making decisions
- Initiating-sequencing-terminating-transitioning
- Being self-aware
- Seeing other perspectives
What Causes Distress or Resistance?

Mismatch between:
- What we expect versus what actually happens
- What we can do versus what is needed
- What was versus what is
- What we want versus what we get
- What we want versus what the other wants
- Who we are with versus who we want to be with
- Where we are versus where we want to be
- Who we are versus who we want to be

Resisting Resistance Just Increases Resistance!

If something isn’t working,  
Stop and back off!  
Think about it  
Try again, but change something!
How Can We Help Better?

It all starts with your approach!

Be a Care Partner, not a Care Giver!

To Get Someone to Do Something:

Connect and form a relationship first, then work on getting them to do something!

To Connect Emotionally:

- Make a connection
- Offer your name: “I’m (name) and you are...?”
- Offer a shared background: “I’m from (place) and you’re from...?”
- Offer a positive personal comment: “You look great in that!” or “I love that color on you.”
Then, Get it Going!

- Give simple and short information
- Offer concrete choices
- Ask for the person for their help
- Ask the person to try
- Break the task down to single steps at a time

Give Simple Information:

- Use Visual (gesture or point) combined with Verbal:
  - “It's about time for…”
  - “Let's go this way.”
  - “Here are your socks.”
- Don’t ask questions you don’t want to hear the answer to
- Acknowledge the response/reaction to your info
- Limit your words and keep it simple
- Wait!!!!

Believe:

People with dementia are doing the best they can!