

The background features a soft-focus field of various flowers, including white daisies, pink and orange dahlias, and purple lavender. Three blue butterflies are scattered throughout the scene. A white rectangular box with a torn bottom edge is centered, containing the main text. A green and white checkered ribbon is positioned in the upper left corner of the white box.

Maintaining Safety Along the Dementia Continuum Tips & Tricks



Agenda

- Introduction to Dementia Care Specialists & Dementia Behavioral Support Program
- Case Study
- Home Safety Interventions across the spectrum
- Low-tech, Practical Strategies, and High-Tech Innovations
- Referral Process and Collaborations



Introduction

Dane County supports individuals living with dementia as well as those who care for them.

Dementia Care Specialists - Aging & Disability Resource Center (ADRC)

Dementia Behavioral Support Program (DBSP) - Adult Protective Services (APS)



Dementia Care Specialist Program - ADRC

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When to call the Dementia Care Specialists

- **Screening & early detection:** Memory screening and early detection conversations
- **Education & safety:** Dementia education, communication strategies, and safety considerations for the person living with symptoms and care partner(s)
- **Behavioral support:** Identifying, responding to, and managing behavioral symptoms
- **Care planning:** Advanced and ongoing care planning support
- **Connections & referrals:** Support groups, respite providers, memory cafés, research opportunities, and other community resources



Dementia Behavioral Support Program - APS

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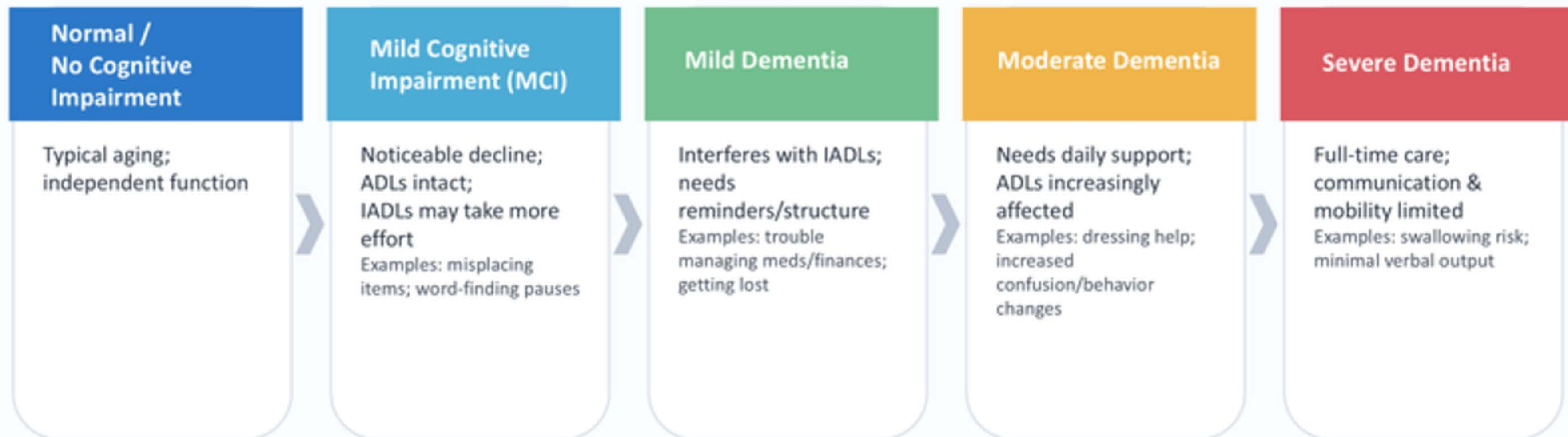


When to call the Dementia Behavioral Support Program Specialists (DBSP)

- Verbal and Physical Aggression towards others
- Threats of harm to self or others
- Resisting care which is putting them at risk
- Police contact
- 30-day notice
- Risk of losing their home of choice due to behavioral expressions
- Firearms
- Elopement, getting lost
- Emergency Protective Placements (EPP) for People with Dementia

The Progression of Cognitive Changes

Conceptual overview (not a diagnostic tool)





Dementia Often Impairs...

- Judgement
- Attention
- Perception
- Reasoning
- Organization
- Memory
- Communication
- Abstract thinking
- Orientation to time and place
- Awareness of socially appropriate norms
- Ability to filter emotional responses

Effects as the dementia progresses...

- Sensory overload
- Out of sight out of mind
- Tunnel vision
- Depth perception problems
- Preoccupation with small or busy patterns



- Visual cliffs
- Loss of reading skills
- Visual cues
- Repetitive themes
- Heightened intuition
- Agnosia





Example Case Study

- Mary is a 68-year-old widow living in her two-story family home
- She has lived for 20+ years
- Her husband, George, passed away 3 months ago
- Mary has three adult children: Sue, John, and Nancy
- Sue lives 15 min. away from Mary
- John lives 4 hours away and Nancy lives in another state
- Mary's adult children work full time and are also raising children






More about Mary ...

Community Involvement:

- Mary attends the local senior center 2 days per week
- She has friends at the senior center

Symptoms/Cognitive Changes:

- Mary forgot to pay her property and utility bills last month
 - Mary fell at home last month with minor injury and doctor visit
 - She missed her follow appointment with the doctor
 - Early Stage Alzheimer's
- 





Adaptive Aids for Mary now...



To help with appointment reminders and orientation:



Bathroom:



Kitchen:

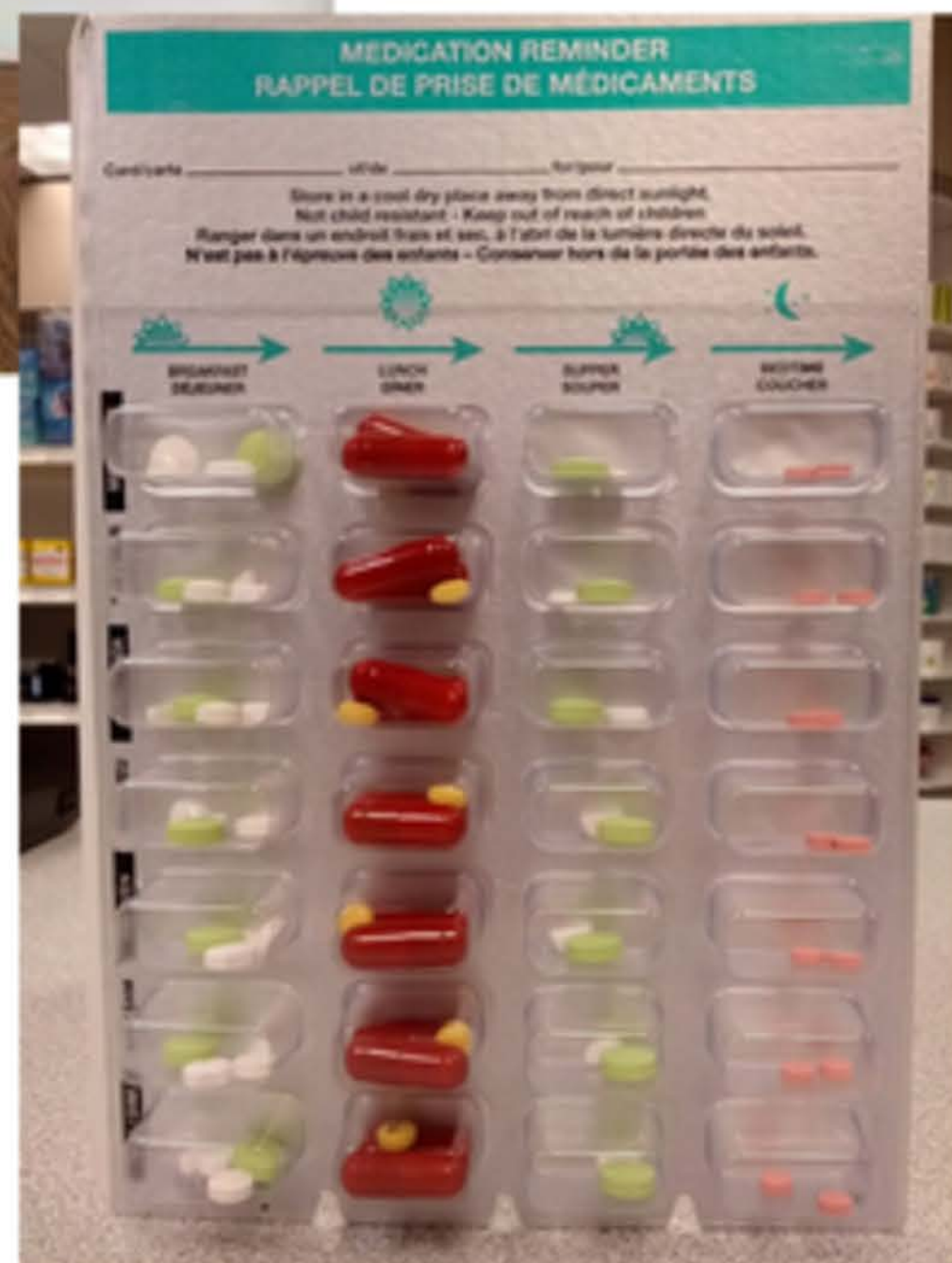
Labeling cabinets for help with orienting



[Click to see full view](#)

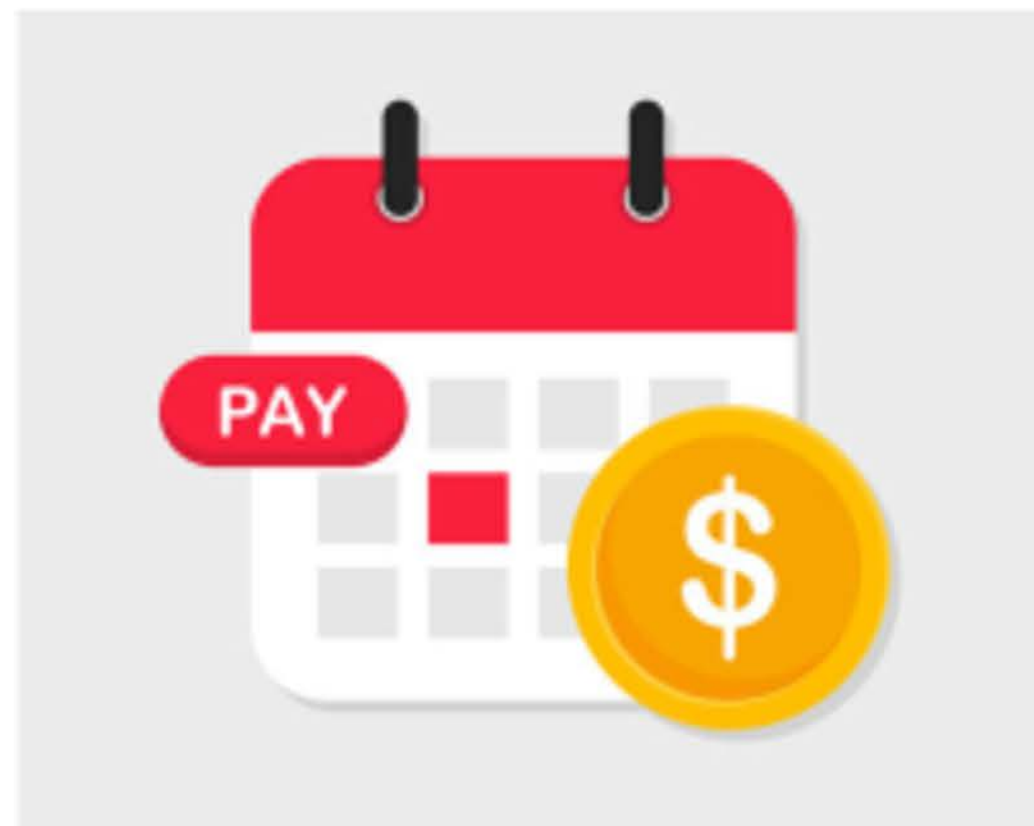


Medication Management Aids:



Financial Safeguards

- Family review of Mary's advanced directives
 - Ensure Financial and Medical POA's have been appointed to correct persons
- Set up automatic payments for recurring bills (mortgage/rent, taxes, utilities, phone, etc.)
- Sign up for online banking to monitor accounts more closely
 - If Sue is doing more in-person since she's close, asking John or Nancy to help monitor finances and discuss with Mary if she's comfortable authorizing one of them on her accounts
 - Consider a credit card or pre-paid debit card with a low limit for online shopping
 - If warrants, limiting access to bank accounts



Additional Ways to Reduce Fall Risks

- Promote exercise and activity to maintain strength and balance
- Anti-skid strips in bathtub & grab bars in bathroom
- Nightlights throughout frequently navigated areas
- Ensure adequate lighting in each room and hallway
- Evaluating the space for throw rugs or other trip hazards (clutter)
- Appropriate Footwear



Home Safety



Smoke and carbon monoxide detector

High-Tech option



Low tech options



*Outdoors



Set water heater temp to less than 120 degrees

Phone Protection



Family Nest

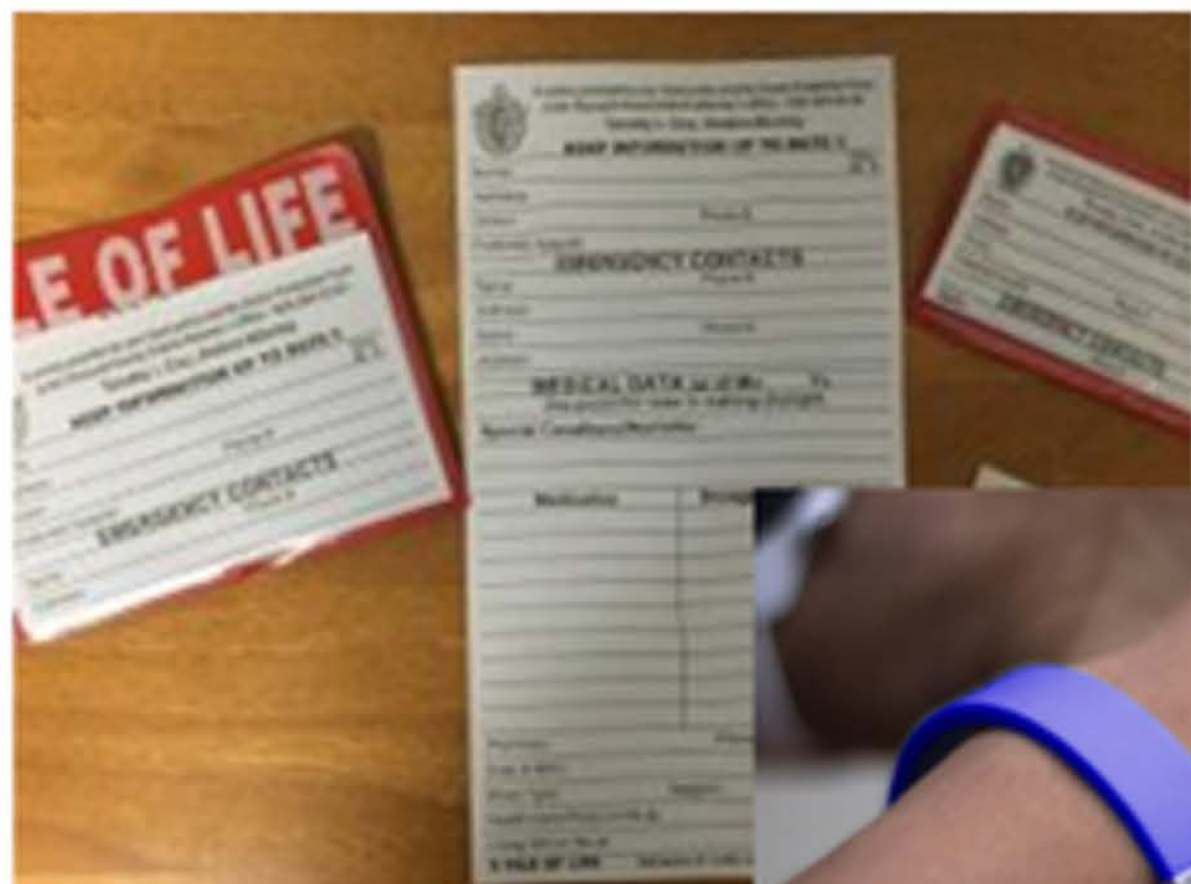


Find Devices



Safety

- File of Life



First Responder Tool

FIRST RESPONDERS TOOL

Please remember **TALK** Tactics:
Take it slow
Ask simple questions
Limit reality checks
Keep eye contact

HELPFUL INFORMATION FOR FIRST RESPONDERS WHEN ASSISTING PERSON WITH DEMENTIA

PERSONAL INFORMATION FOR PERSON WITH DEMENTIA		Date of Birth
Name		Name preferred
Language(s) spoken and understood		
My Address		

ARE THERE WEAPONS IN THE HOME? YES NO IF YES, PLEASE LIST WEAPONS BELOW

--

EMERGENCY CONTACTS		
Name	Address	Phone Number

SOMEONE TRUSTED WHO PERSON WITH DEMENTIA RELIES ON TO MAKE DECISIONS	
Name	Phone Number

MEDICAL INFORMATION	
Medical Conditions	
Allergies	
Pain Areas	



Behavior is Communication...



As dementia affects a person's ability to communicate their behavior may be the only way they can communicate an unmet need.





Factors to consider...

DIGNITY

Privacy

CHOICE

Decisions Respected

SAFETY

Individual & Others



Questions to ask...

**IS IT
DANGEROUS?**

Will it hurt
anyone?

**WHAT CAN I
CONTROL?**

Can you fix it?

**WHAT IS LEAST
RESTRICTIVE?**

What can I offer
that allows choice
and dignity?

Possible challenges...

- Wandering
- Elopement
- Paranoia
- Delusions
- Hallucinations
- Forgetting to eat
- Forgetting to take medications
- Refusing to bathe
- Verbal aggression
- Physical aggression





2 years later...



Community Involvement:

- Mary attends an adult day program 5 times weekly
- Mary lives with her daughter

Symptoms/Cognitive Changes:

- She believes people are stealing from her
- She is getting lost outside the home
- She has fallen 3 times
- She is resisting care
- She calls police
- Verbal and physical aggression





Safety

- Falls
- Leaving the stove and faucet on
- Wandering - getting lost
- Fear
- Not sleeping
- Hallucinations
- Delusions
- Refusing to bathe
- Fluctuating moods - sundowning
- Fluctuating cognition
- Dehydration
- Frequent UTI's

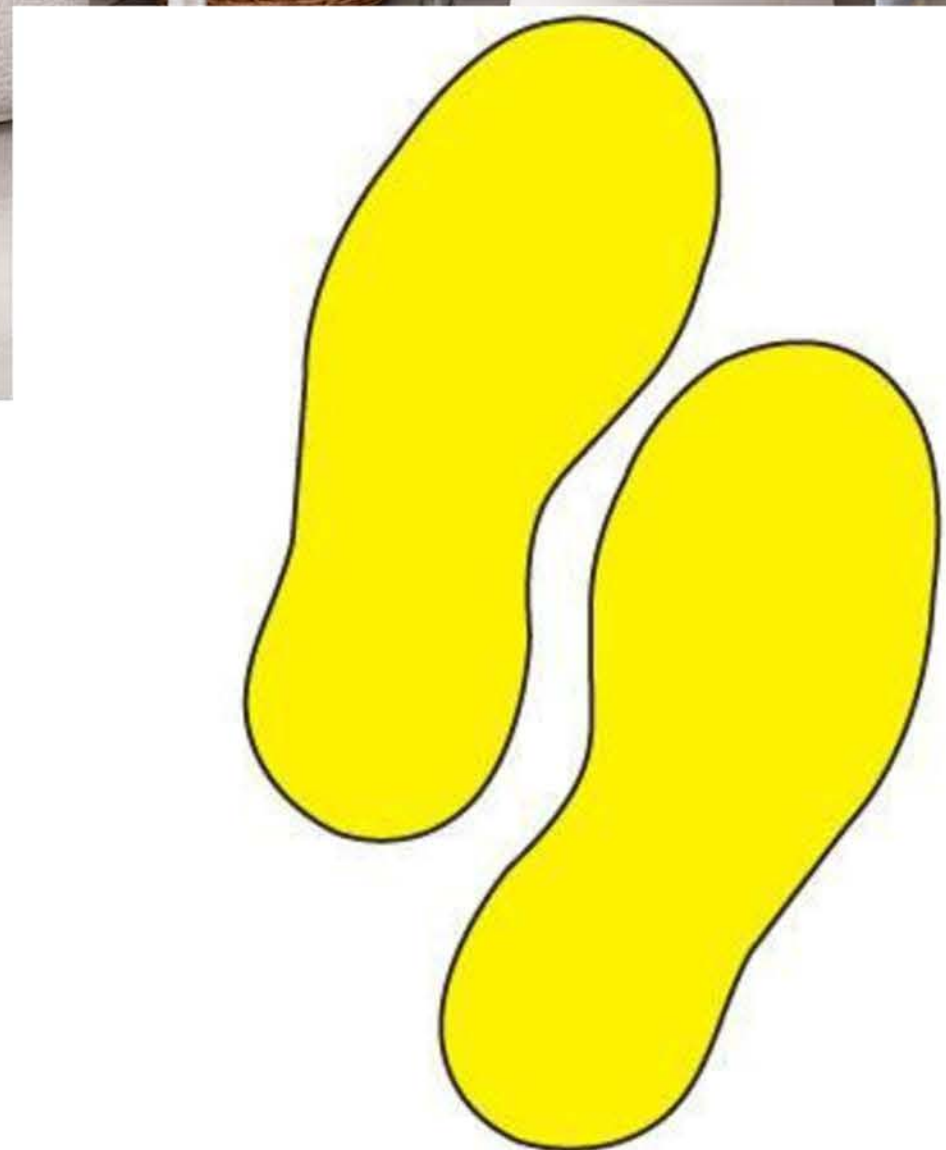


Adaptive Aids for Mary now...

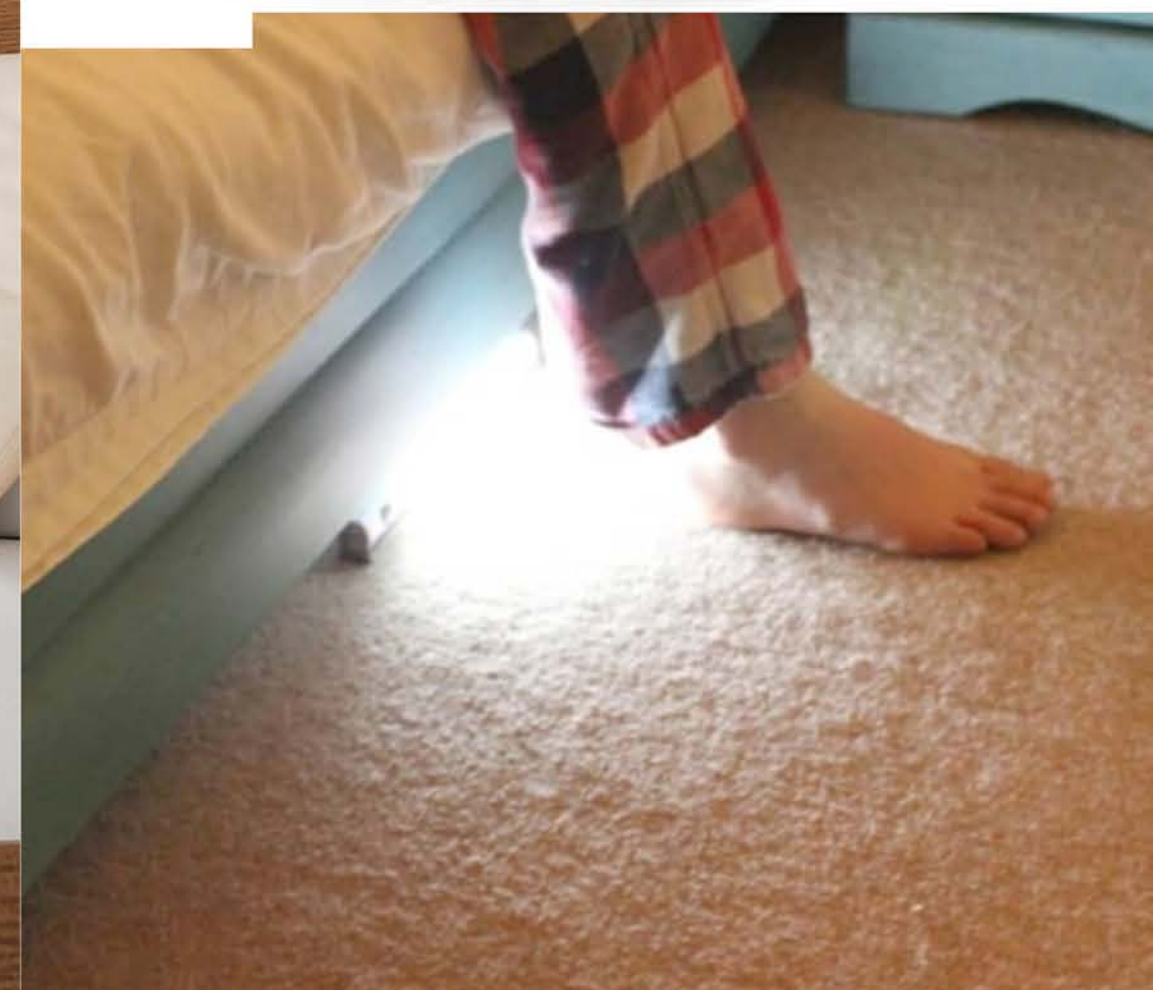


In the Bathroom





In the Bedroom



In the Kitchen



Easy clean steel straws



Wandering - Getting Lost - Eloping



Anxiety







Conclusion

Get Creative!

Work to solve problems and understand the cause for the behaviors.

**Adapt and Modify,
then
Adapt Again.**

Use ALL the resources available and adjust throughout the journey.

Thank You

