ADRC Dementia Care Training

Aging Services and Supports for
People Living with Dementia: Tier 2

Module 7: Decision Support in Care Transitions

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DHS

Aging Services and Supports for People Living with Dementia

- Tier 1:
  1. Understanding Person-Centered Care
  2. Communication and Behavioral Expressions
  3. Medical and Clinical Aspects of Dementia
  4. Complex Information and Referral Issues
- Tier 2:
  5. Honoring Personhood through Person-Centered Decision Support (orientation and building trust)
  6. Honoring Decision Support through Person-Centered Planning
  7. **Decision Support in Care Transitions**
  8. Decision Support for Advanced Care and End-of-Life Planning

Options Counseling Competency Areas

- Understand needs, values and preferences from the point of view of the person (Module 5)
- Support self-determination (Modules 5 and 6)
- Encourage a future orientation (Module 8)
- Knowledge of private and public resources (Modules 6, 7, 8)
- Follow-up (Modules 7 and 8)

Review of Modules 5 and 6

- Module 5
  - Team Performance Model
  - Tools supporting person-centered planning
  - Introducing the cast of characters!
- Module 6
  - Setting goals
  - Developing and implementing plans
  - More tools to support person-centered planning

Sarah and Bill with the Options Counselor

Sally enjoying lunch with Dennis

Martha at home

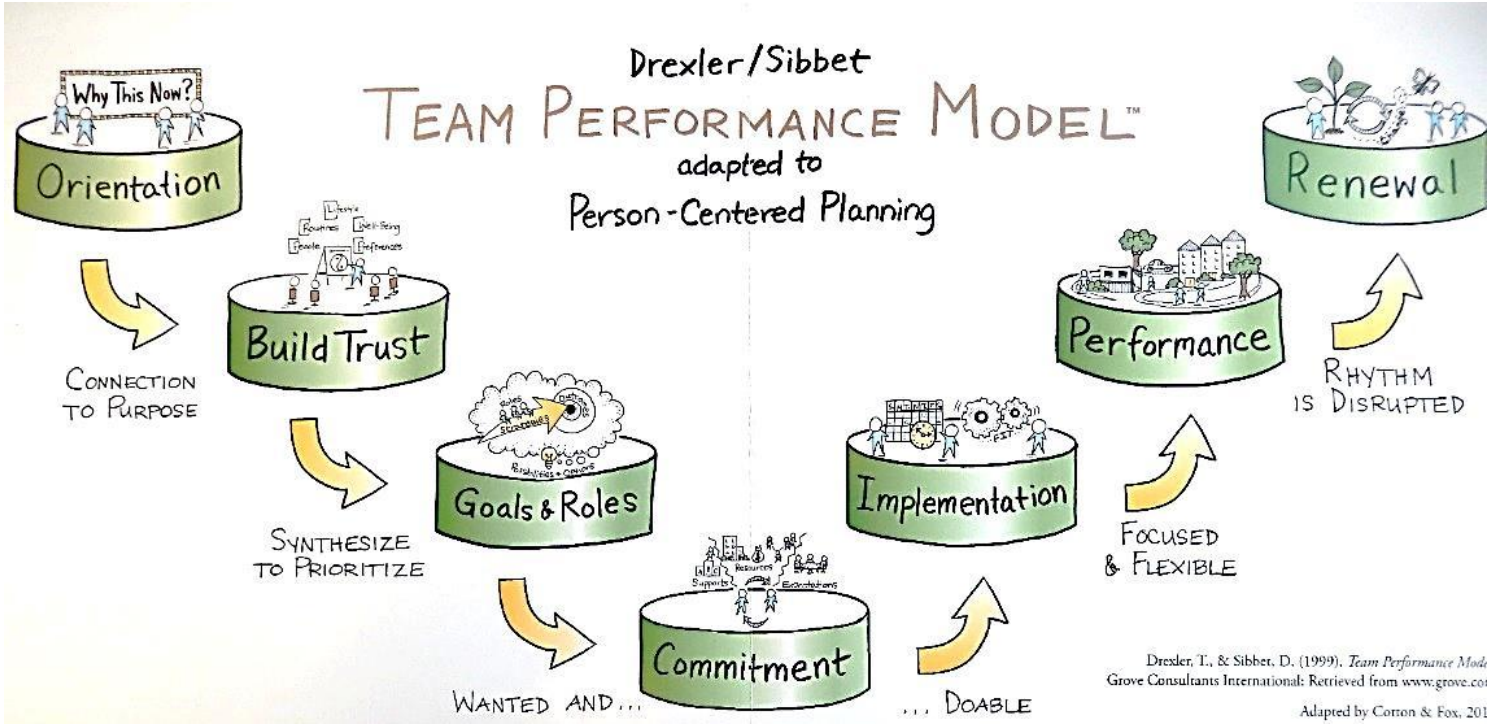
Module 7 Objectives

Participants will

- Understand the differences between dementia, depression, and delirium
- Be able to describe common care transitions experienced by persons living with dementia.
- Understand the risks to the person living with dementia associated with various care transitions.
- Be able to support families and others to reduce adverse effects of transitions for people living with dementia and their families.

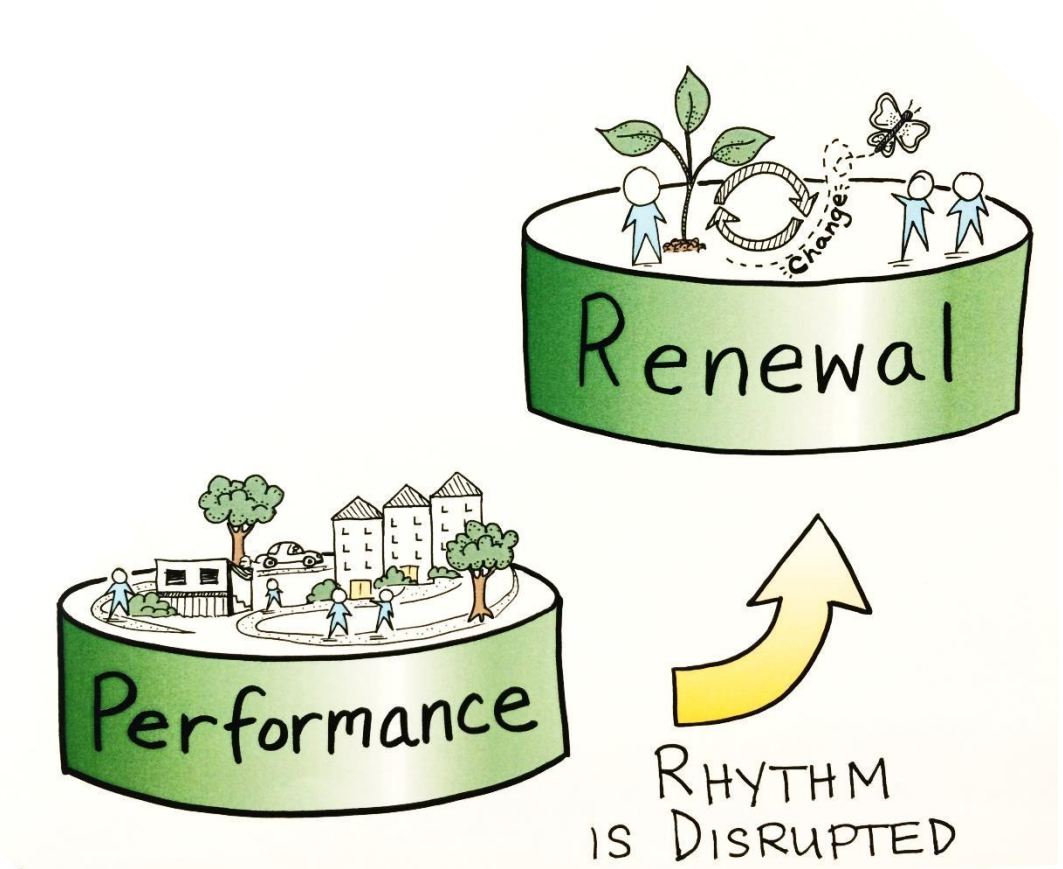
Team Performance Model

- Team Performance Model
  - Orientation
  - Build trust
  - Identify goals and roles
  - Commitment
  - Implementation
  - **Performance**
  - **Renewal**



Performance and Renewal

- Performance
  - Participants feel it is working well
  - Routine communication rather than formal planning
  - Can change goals and responses as needed
- Renewal
  - Dementia progresses, plans no longer work
  - People get tired
  - New planning and action needed



Transitions with Dementia

- Psychological
  - Changes for the person with dementia and family
  - Depression
  - Caregiving
- Changes in physical settings
  - Home and driving
  - Transitions to and from the hospital
  - Transitions to residential care setting

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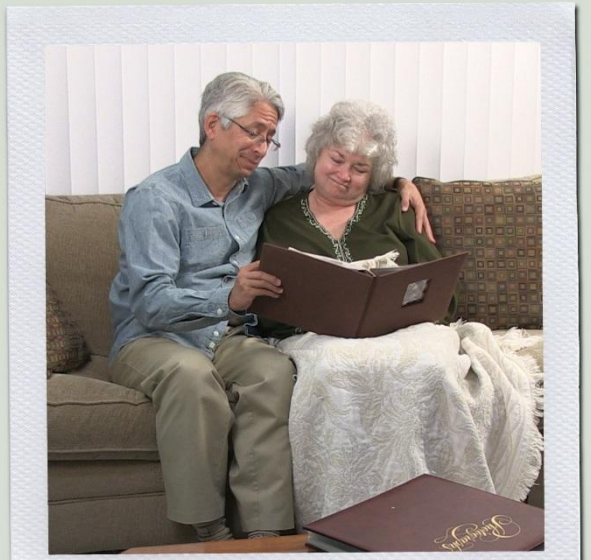
Psychological Transitions

- Becoming a person with dementia
- Becoming a person with dementia who needs more support and supervision

Sarah and her children years ago



Sarah and Bill
sharing memories

Family Transitions

- What have we learned about dementia?
- What supports are available to people with dementia?
- What supports are available to families?

Psychological Transitions

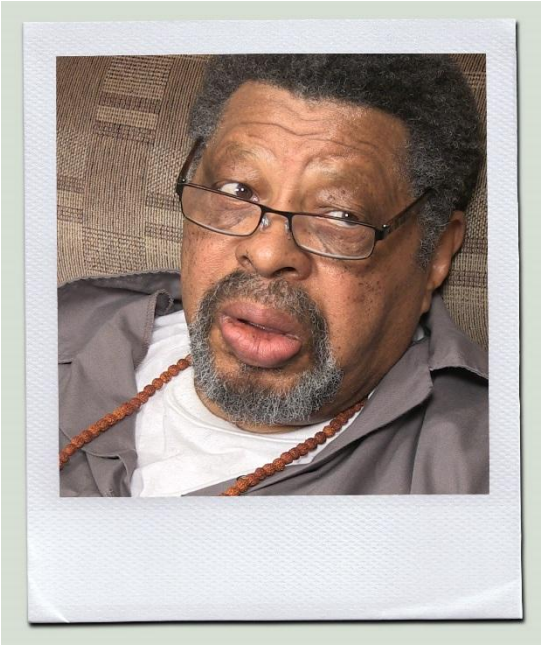
Becoming a family member of someone with dementia

- What is dementia?
- What will happen to Dad?
- What will happen to the Family?
- What are my new roles?

Dennis' daughter, Sally

Depression and Dementia

- 30% of people with dementia meet diagnostic criteria for depression (Segal, Qualls, and Smyer, 2011)
- Onset of depression occurs over weeks and months
- Depression often masks dementia
- Dementia often masks depression



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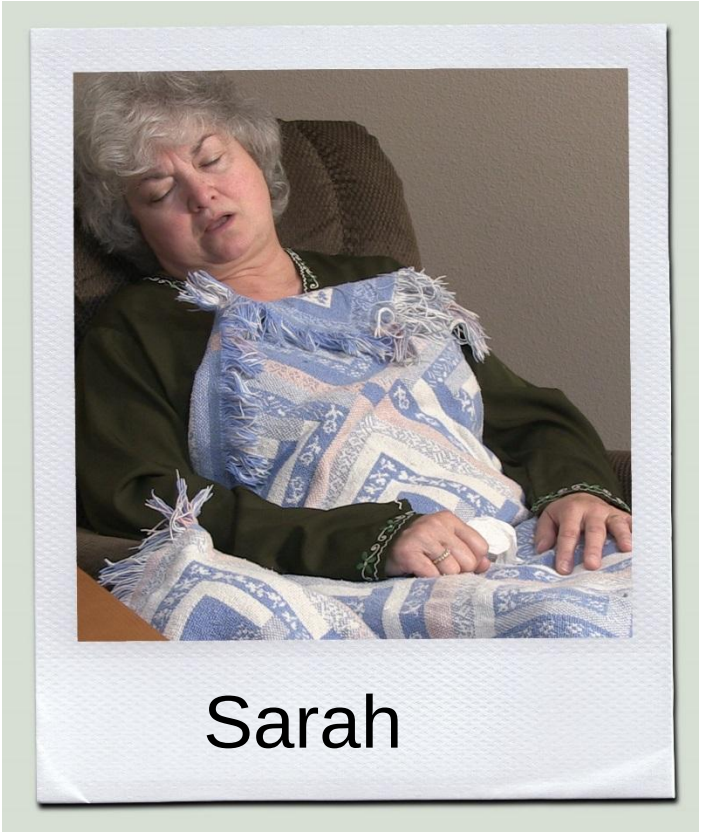
Depression (adapted from C. Van Son, *3 D's of Confusion*)

- Some Causes
  - Heredity
  - Biochemical changes
  - Drugs (prescription, over the counter)
  - Illness
  - Sensory deficits
  - Stress
  - Seasons
  - Prior history of depression → elevated risk



Depression: Common Symptoms (adapted from C. Van Son, *3 D's of Confusion*)

- Loss of interest/pleasure in activities
- Depressed mood, sadness, emptiness
- Feeling slowed down or restless
- Self-neglect
- Impaired attention
- Impaired information processing
- Feeling worthless or guilty
- Thoughts of death or suicide
- Increase or decrease in appetite
- Trouble sleeping, sleeping too much
- Loss of energy, fatigue
- Problems thinking, making decisions concentrating

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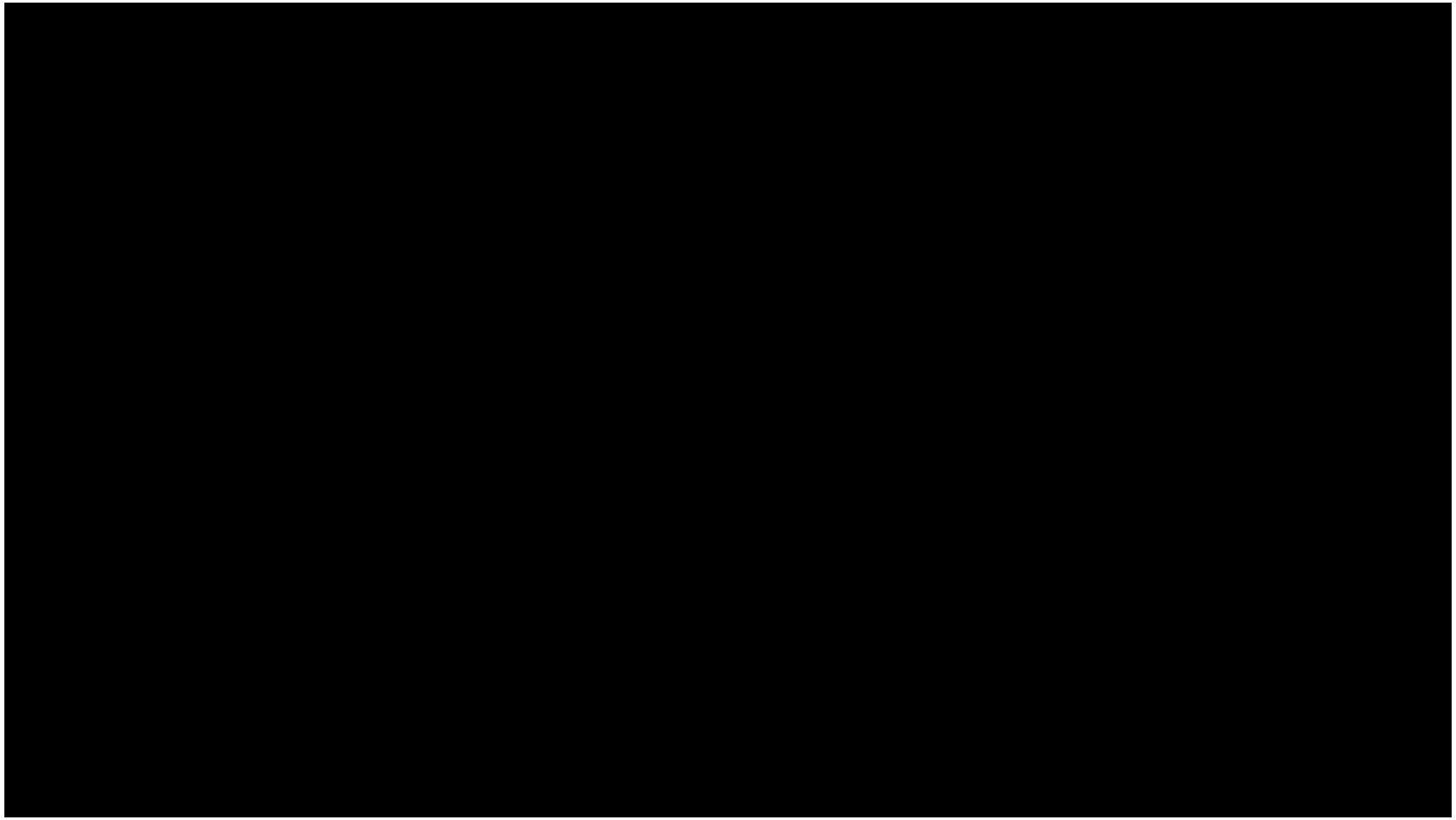
Depression and Dementia

- Common Symptoms of both:
  - Loss of interest/pleasure in activities
  - Self-neglect
  - Impaired attention
  - Impaired information processing
  - Problems thinking, concentrating, making decisions
- Get a thorough physical, cognitive, and psychological exam!

Sarah

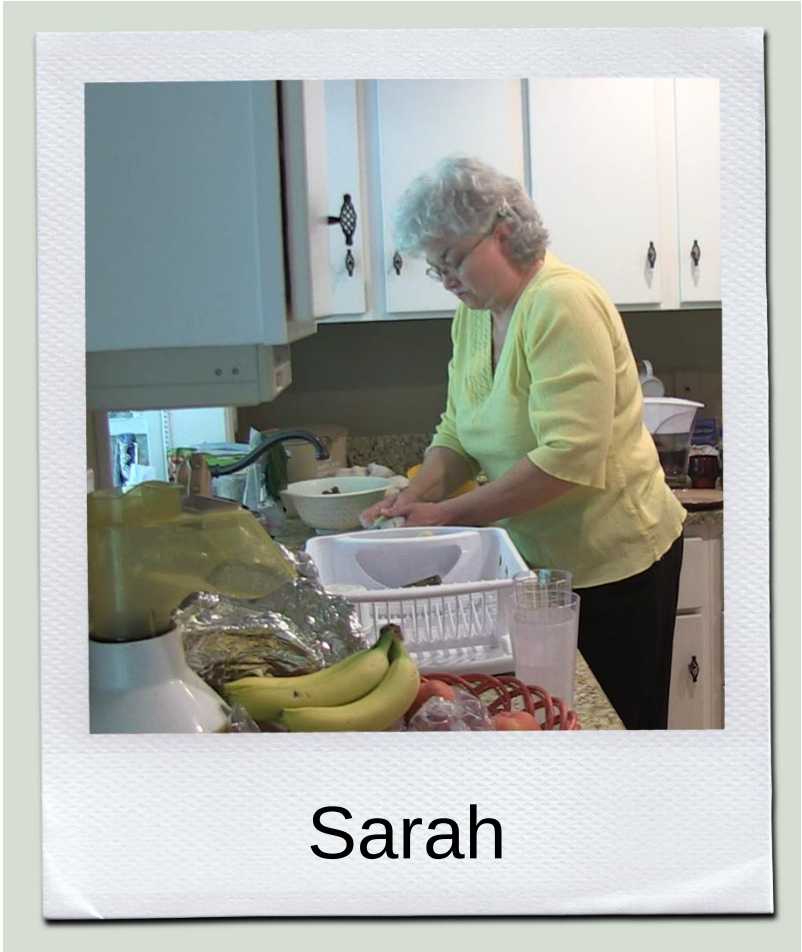


Family Caregivers and Depression

- 26% of family caregivers suffer from depression
- Majority of family caregivers of those with young onset dementia experience mild to severe depression
- Spouse caregivers at increased risk of loneliness

Sarah's husband, Bill

Additional Issues with Younger Onset



- Difficulties getting a diagnosis
- High levels of family conflict
- Lack of services for those <60
- Impact on work life and finances

Van Vliet et al, 2010

How Options Counselors Can Help

- Help keep the person in the forefront
- Explore values, needs, and preferences from the person's perspective early and often
- Identify what is "important to" and "important for" the person
- Include family members perspectives in "what is working" and "what is not working"
- Help plan and prepare for future transitions
- Provide resources (www.HelpforAlz.org, www.alz.org)

Caregiver Support Services

- ADRC
  - www.adrcoforegon.com
    - Family caregiver support program
    - Family caregiving training
    - Caregiving guides
    - Self-assessments
  - www.HelpforAlz.org
- Family Caregiver Alliance
  - www.caregiver.org
- Alzheimer's Association
  - www.alz.org
    - 24/7 telephone support
    - Younger onset dementia
    - Exploring support groups
    - Education programs (face-to-face, online)
- Alzheimer's Network
  - http://alznet.org/

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Transitions in Physical Settings

- Transitioning at home
- Transitioning to and from the hospital
- Transitioning to a residential care setting

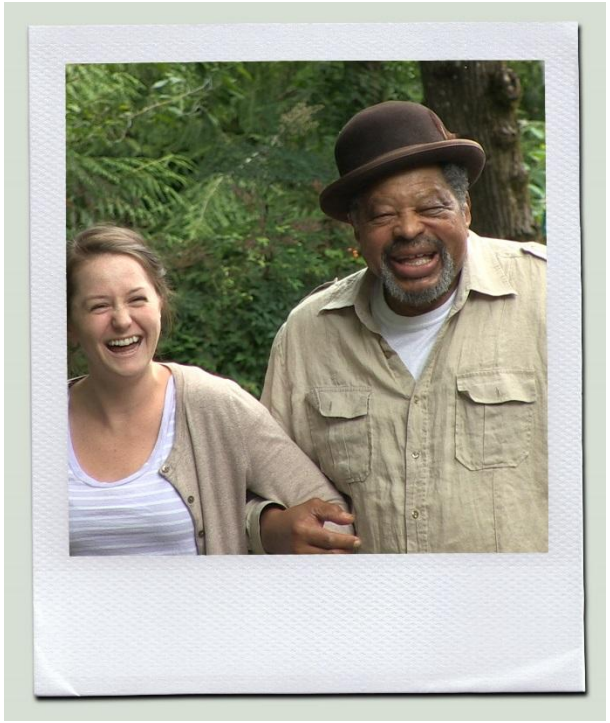
Transitioning at Home: Focus on Safety

Common Safety Concerns

- Driving
- Medication Management
- Falls
- Cooking
- Getting adequate nutrition
- Getting lost

www.HelpforAlz.org

www.alz.org



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Giving Up the Car Keys

- Some signs
  - Forgetting how to locate familiar places
  - Failing to observe traffic signals
  - Making slow or poor decisions
  - Driving at inappropriate speeds
  - Returning from a routine drive later than usual
- Families, care partners may need to:
  - Talk to the person about stopping to drive
  - Ask a doctor to write a “do-not-drive” prescription
  - Control access to the car keys
  - Disable the car or keep it out of site
  - Have the person evaluated by a driving rehabilitation specialist

http://www.alz.org/care/alzheimers-dementia-and-driving.asp

Transitioning to and from the Hospital

- People with dementia are at greater risk of hospitalization
- Common causes:
  - Infection
  - Breathing difficulties
  - Delirium
  - Falls
- Common outcomes
  - Decline in mobility
  - Decline in activities of daily living
  - Delirium

- https://www.youtube.com/watch?v=xZPR4ullloLM

- What families can do:
  - Talk with health providers
  - Learn when to avoid hospitalization

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Care Transitions Programs

- ADRC Care Transition Programs*
  - Schedule and complete follow-up visits with personal physician
  - Ensure medications are correct
  - Learn to recognize warning signs that condition is worsening
  - Have updated personal health record to facilitate communication

*Not in all locations

Delirium: A Medical Emergency

Delirium is a serious disturbance in a person's mental abilities that results in a decreased awareness of one's environment and confused thinking. The onset of delirium is usually sudden, often within hours or a few days.

Mayo Clinic

http://www.mayoclinic.org/diseases-conditions/delirium/basics/symptoms/con-20033982

- Primary Causes
  - Medications/interactions
  - Anesthesia
  - Infections
- Risk factors
  - Age
  - Dementia
  - Frailty

Symptoms

- **Rapid onset**
- **Inattention**
- Perseveration
- Disorganized thinking
- Reduced level of consciousness
- Perceptual disturbances
- Sleep-wake disturbance or psychomotor activity
- Disoriented to time, place, person
- Memory impairment
- Easily distracted
- **Fluctuating symptoms**

Some More Facts About Delirium

- 50% of hospitalized older adults experience delirium
- Occurs 4-5 times more often in people with dementia
- 70% of individuals with hospital acquired delirium are not identified or treated
- It can take weeks or months to treat
- Consequences:
  - Deconditioning, falls, malnutrition, incontinence
  - Poorly managed pain
  - As many as 1/3 of those with delirium will die

Dennis' Daughter on Delirium

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How the Options Counselor can Help

- Help make families aware of delirium
- Provide tools for preparing for hospital admissions if possible
- Help families advocate: e.g., asking about delirium, efforts to prevent delirium, knowing signs to watch for.
- Connect families to transition care services

http://consultgerirn.org/resources

Information and Assessment tools including:

- Assessing pain in persons with dementia
- Wandering in hospitalized older adults
- Assessing and managing delirium in persons with dementia

Transitioning into a Residential Care Setting

Sample Tools

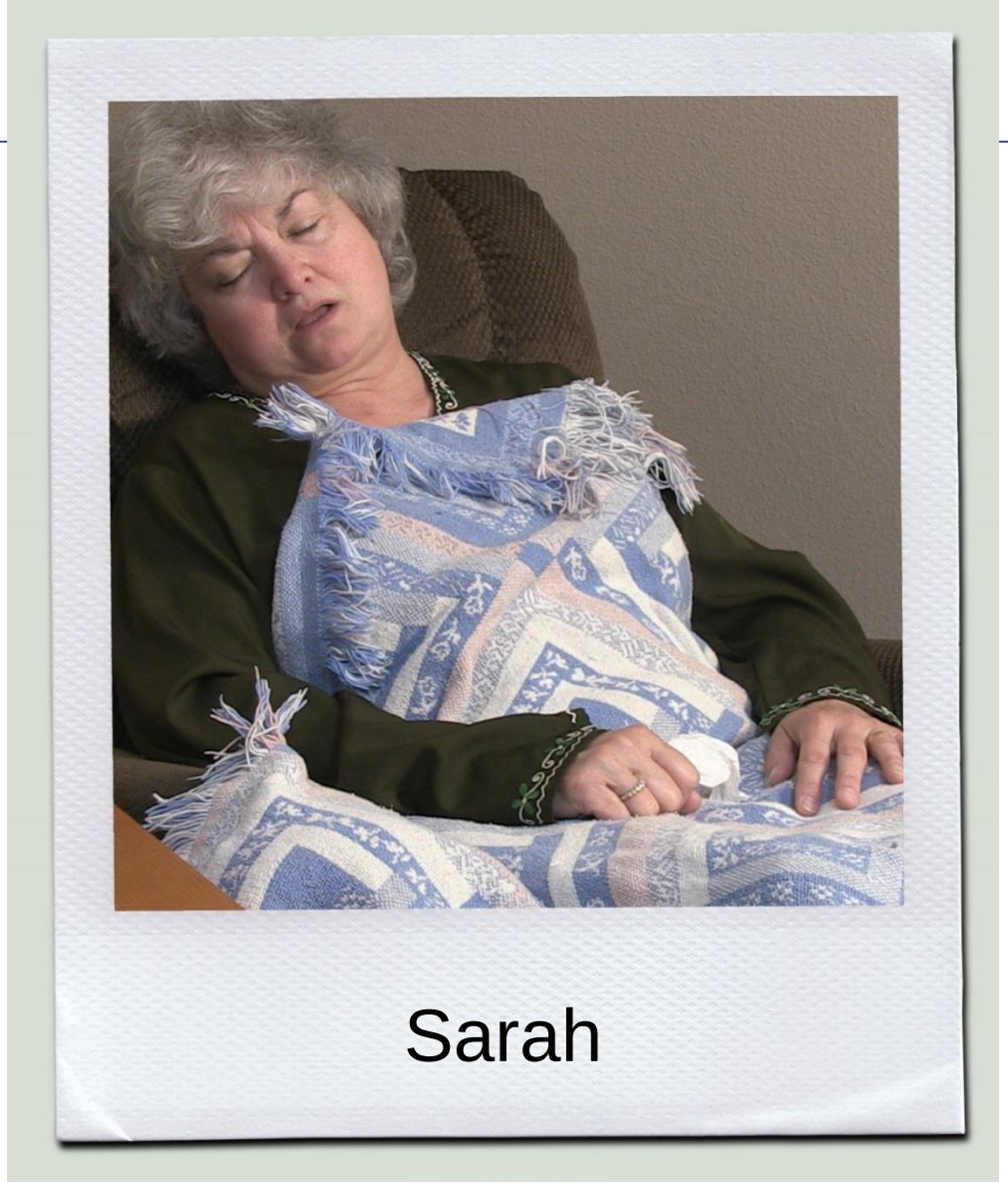
- https://www.adrcoforegon.org/consite/explore-in-a-facility.php
  - MOVE Consumer Guide to Person Centered Long Term Care
  - National Consumer Voice for Quality Long Term Care Resources

ADRC staff and partners:

- Inform person and family members about options
- Stress person-centered care approaches, finding the best matches available.
- Review ADRC resources
- Help families plan the transition
- Let families know how to stay involved following the transition.

Sarah and Bill

Sarah and Bill

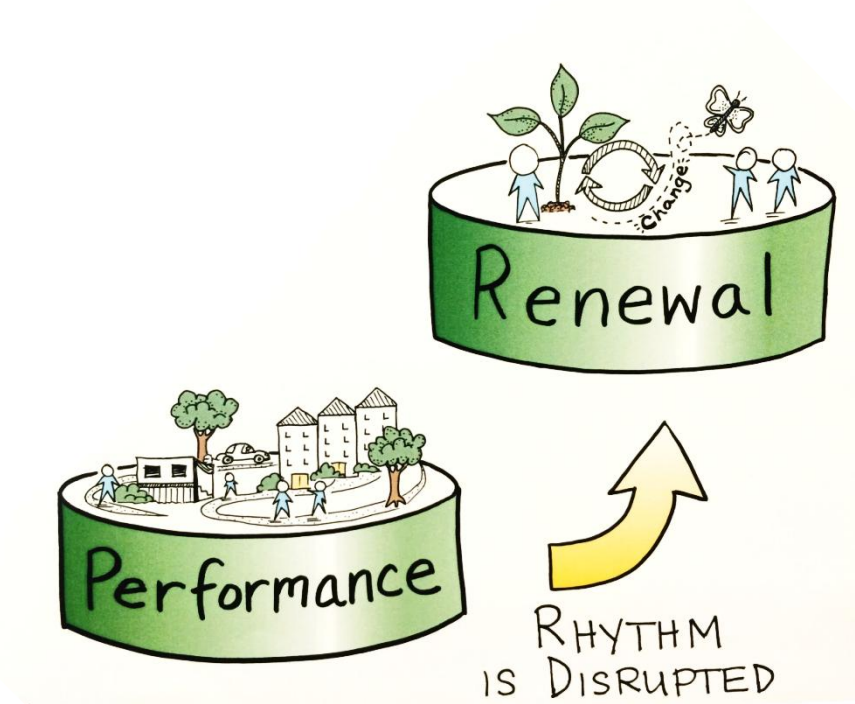


Sarah and Bill

Martha

Recap, Module 7

- Team Performance Model:
  - Plan is no longer performing well
  - New plan, action needed
- Psychological Transitions
  - Depression
  - Caregiving
- Transitions in Physical Settings
  - Safety at home
  - Risk for delirium in hospitalization
  - Residential care settings



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Preview of Module 8

- Module 8 – Advance Planning and End-of-Life
  - Early planning
    - Legal
    - Financial
    - Health care
    - Long-term Services and Supports
    - End-of-life
  - Care at end-of-life

Thank You!

www.HelpforAlz.org

https://www.surveymonkey.com/s/Dementiamodule7

Thank you for your participation!

Please give us your feedback on this training module.

https://www.surveymonkey.com/s/Dementiamodule7

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