

SMITH ALZHEIMER'S CENTER

- Since 1986, Smith Alzheimer's Center has provided clinical care, research and community programs for Illinois families with Alzheimer's and other forms of dementia
- Since 2018, the Smith Alzheimer's Center has received more than \$7.2 million in grant funding from the National Institutes of Health, used for research and services for dementia patients and their families
- In the past year, the Center, along with its Memory and Aging Network, has served more than 4,000 patients and their families



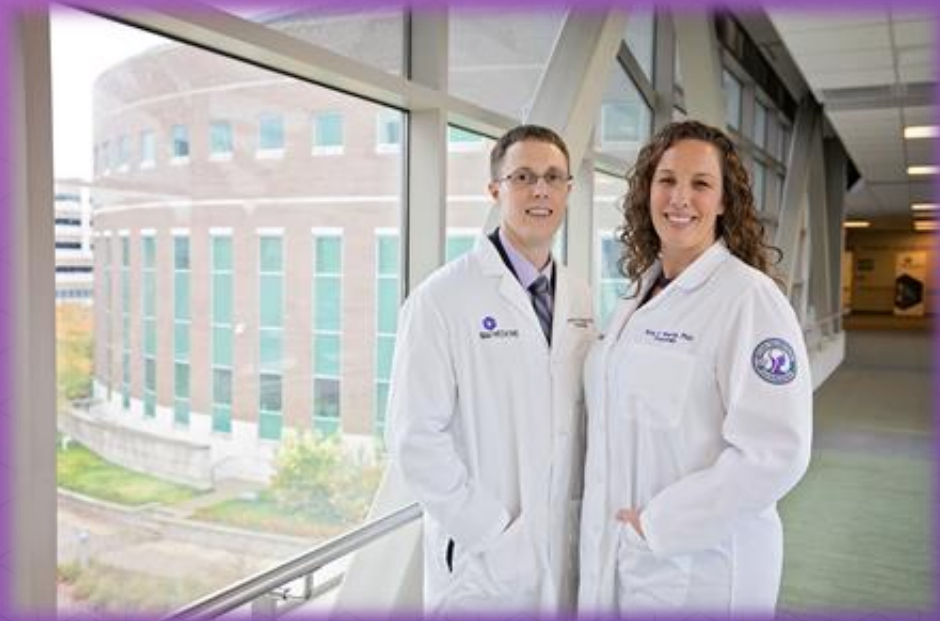
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FOR ALZHEIMER'S RESEARCH
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SMITH ALZHEIMER CENTER

3-pronged approach

- Researchers
- Medical Team
- Beyond the Medical Center Programs



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BEYOND THE MEDICAL CENTER PROGRAMS

- Focus on ways to improve quality of life for both the individual diagnosed, as well as their caregiver
- Provide a chance for persons with memory loss to connect with other persons with memory loss
- Provide a chance for caregivers to connect with other caregivers
- Offer an opportunity for respite time for caregivers, while staff and volunteers support and care for those with memory loss



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BEYOND THE MEDICAL CENTER PROGRAMS

- Music and Memory
- Art Express
- Early Stage Memory Loss Group
- What to Expect...When You Are Not Expecting...To Be a Caregiver
- Minds in Motion
- Stepping Up
- Opening Minds through Art



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BEYOND THE MEDICAL CENTER PROGRAMS

Music and Memory

- Music can stimulate deep emotional recall
- Memories from earlier years can be well preserved
- Favorite music associated with important personal events or eras can trigger memory of lyrics
- Experiences or emotions that were connected to music are retrieved
- Music can help calm the chaotic brain activity and enables the listener to focus on the present moment



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BEYOND THE MEDICAL CENTER PROGRAMS

Music and Memory

- Determine musical preferences from person with memory loss or their caregiver; Identify specific songs, artists, genre
- The Smith Alzheimer's Center will prepare a MP3 player with the favorite music that was selected
- The caregiver, person with memory loss and Smith Alzheimer's Center will sit down and review how to play the MP3 player and use the headset



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BEYOND THE MEDICAL CENTER PROGRAMS

Music and Memory

- A brief questionnaire is given to the caregiver
- Check-ins will occur every few months to see how the person with memory loss is doing with their music
- Music can be added or deleted at anytime
- At 6 months, a second questionnaire is given to gain feedback on the impact of music



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BEYOND THE MEDICAL CENTER PROGRAMS

Art Express

- Evidence based
- This program is in partnership with the University of Illinois at Springfield, Human Development Counseling Program (HDCP)
- Creates bonds with others while expressing creativity in a relaxing environment
- Beautiful artwork is often a welcome bi-product, but is not the primary focus



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Art Express



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BEYOND THE MEDICAL CENTER PROGRAMS

Art Express



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion

- **Evidence Based Program**
- Goal is to improve or maintain mental, physical and emotional well-being

- **Activities include:**
 - ❖ Brain Games
 - ❖ Creative Activities
 - ❖ Art
 - ❖ Music
 - ❖ Socialization
 - ❖ Chair Yoga
 - ❖ Catered Lunch
 - ❖ All While Using the 5 Senses



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion - Agenda Example

- Chair Yoga
- St. Patrick's Day Trivia
- St. Patrick's Day Memories Discussion
- Paint Shamrocks
- Tic-Tac-Toe
- Lunch
- Bingo
- Word Search



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BEYOND THE MEDICAL CENTER PROGRAMS

Minds in Motion



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Minds in Motion



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Minds in Motion



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BEYOND THE MEDICAL CENTER PROGRAMS

Stepping Up

- Evidence based
- The activities in Stepping Up are designed to improve flexibility, strength, endurance, balance and are customized to each participant's specific needs and abilities
- Stepping Up is for persons with memory loss and their care partners
- The focus is on fitness and fun, and includes group movement to music and exercises



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BEYOND THE MEDICAL CENTER PROGRAMS

Stepping Up



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Stepping Up



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BEYOND THE MEDICAL CENTER PROGRAMS

Opening Minds through Art (OMA)

- A partnership art program with Springfield Art Association
- Evidence based
- Designed for people with mid-stage Alzheimer's
- Provides opportunities for self-expression and social engagement
- One-on-one volunteers



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Opening Minds through Art



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BEYOND THE MEDICAL CENTER PROGRAMS

What to Expect...When You are Not Expecting...To Be a Caregiver

This educational program is for caretakers of those with dementia or memory loss.

This caregiver program will give you:

- A better understanding of the disease
- The skills to assess the abilities of the person with dementia
- Strategies to manage the day-to-day care of the person with dementia, including personal care
- The skills needed for self-care
- Who's taking care of YOU



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BEYOND THE MEDICAL CENTER PROGRAMS

What to Expect ...A Few of the Topics:

- ❖ Alzheimer's Facts
- ❖ Diagnosing and Treating Alzheimer's
- ❖ Behaviors of Alzheimer Patients
- ❖ Communication Skills
- ❖ Driving
- ❖ Legal, Medical and Financial Planning
- ❖ The Team Approach
- ❖ Meaningful Activities
- ❖ Caregiver Fatigue



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Alzheimer's disease impacts:

- The diagnosed individual
- Their entire network
- Caregiver
- Support for caregivers is essential to ensure the best possible treatment for patients.

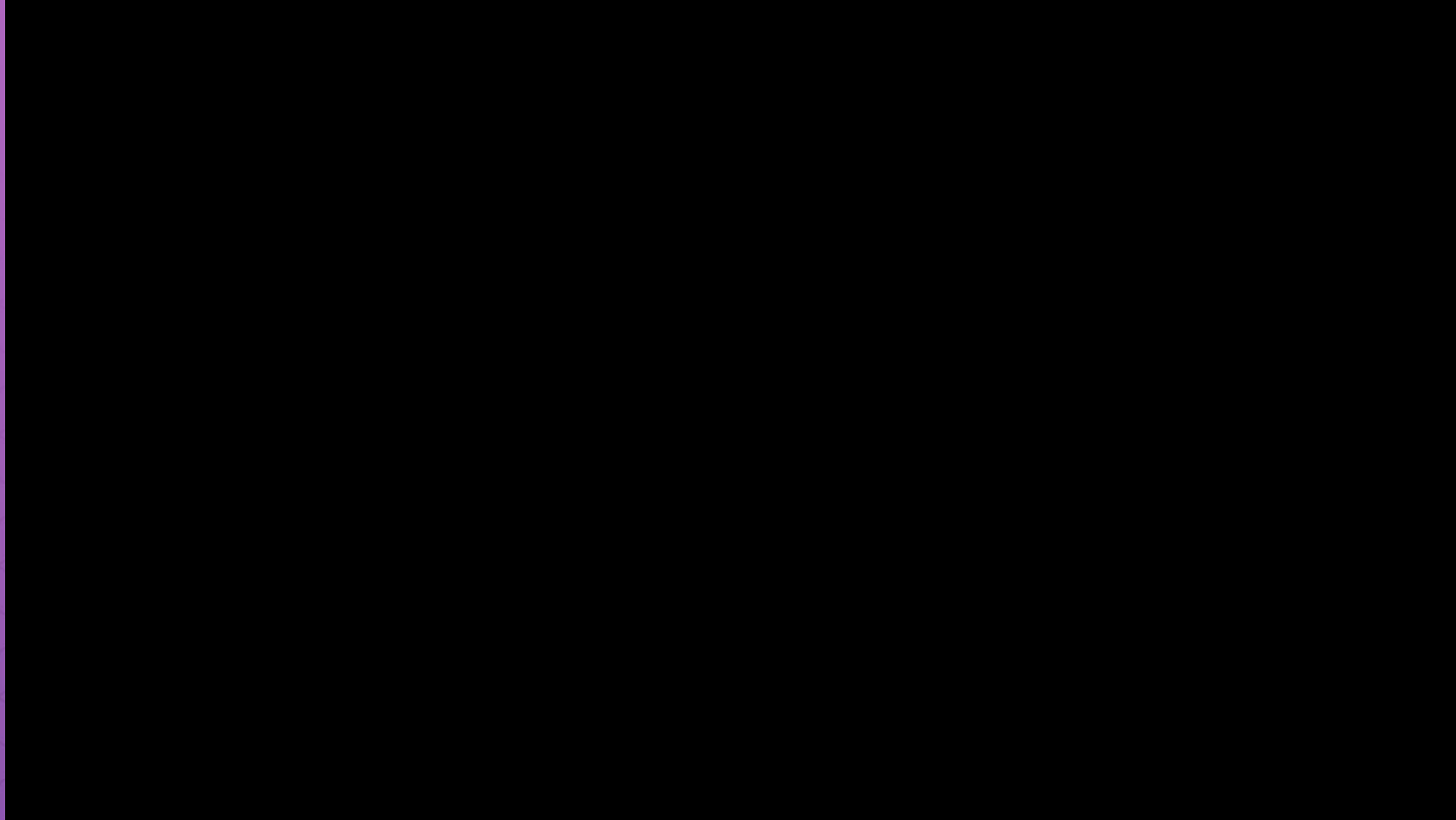


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Ann Jirmasek, Clinical Gerontologist

Medical Minute



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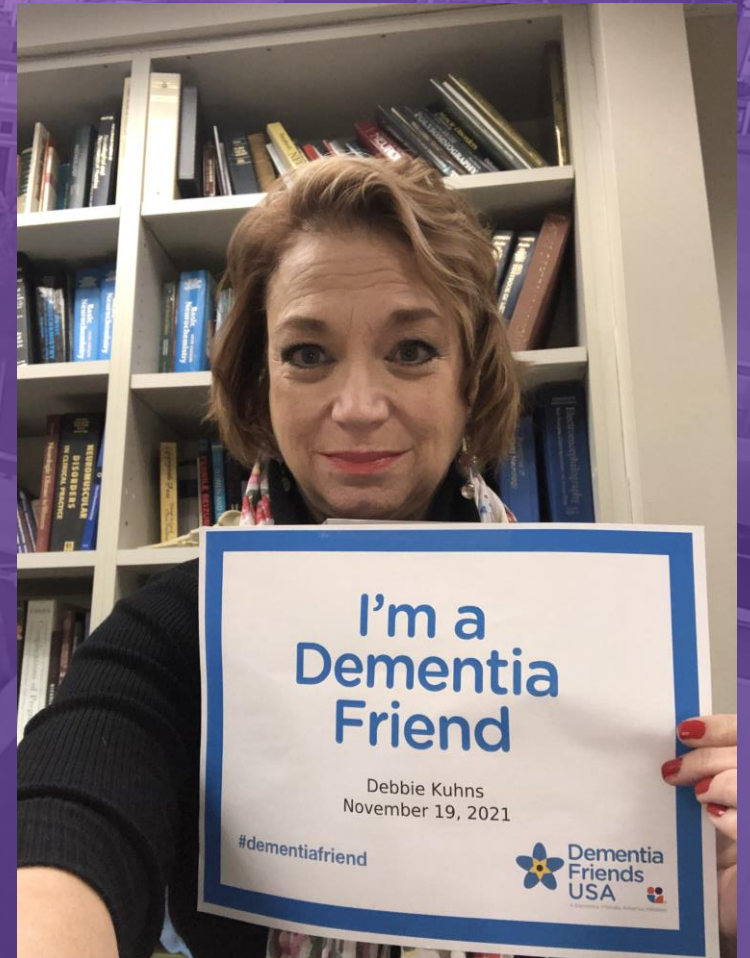
SMITH ALZHEIMER'S CENTER

- Questions? More information? Volunteer?
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