

Smith Alzheimer Center

Debbie Kuhns
Program Coordinator



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DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT

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



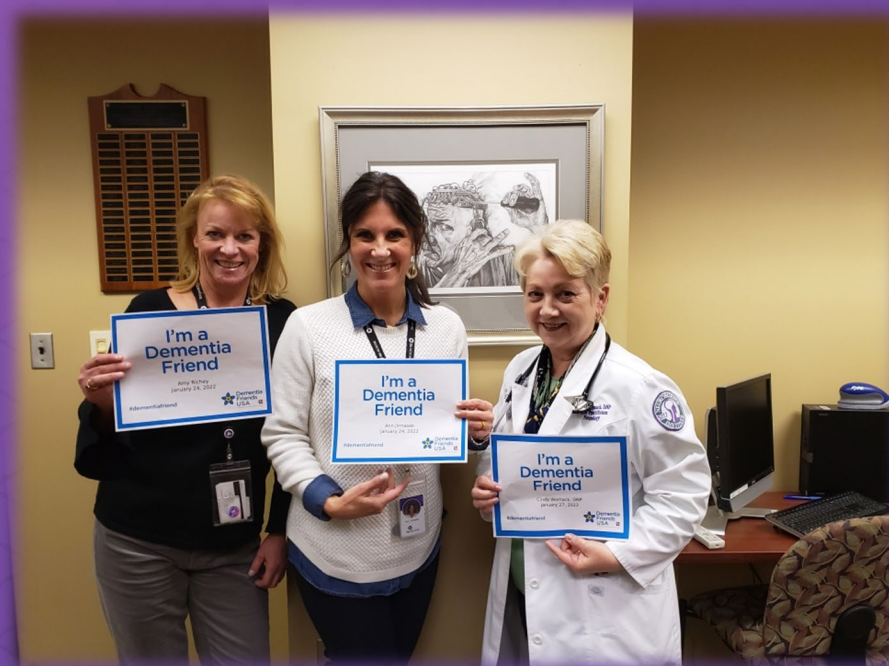
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SMITH ALZHEIMER CENTER

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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BEYOND THE MEDICAL CENTER PROGRAMS

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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BEYOND THE MEDICAL CENTER PROGRAMS

Opening Minds through Art



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BEYOND THE MEDICAL CENTER PROGRAMS

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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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BEYOND THE MEDICAL CENTER PROGRAMS

Alzheimer's disease impacts:

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

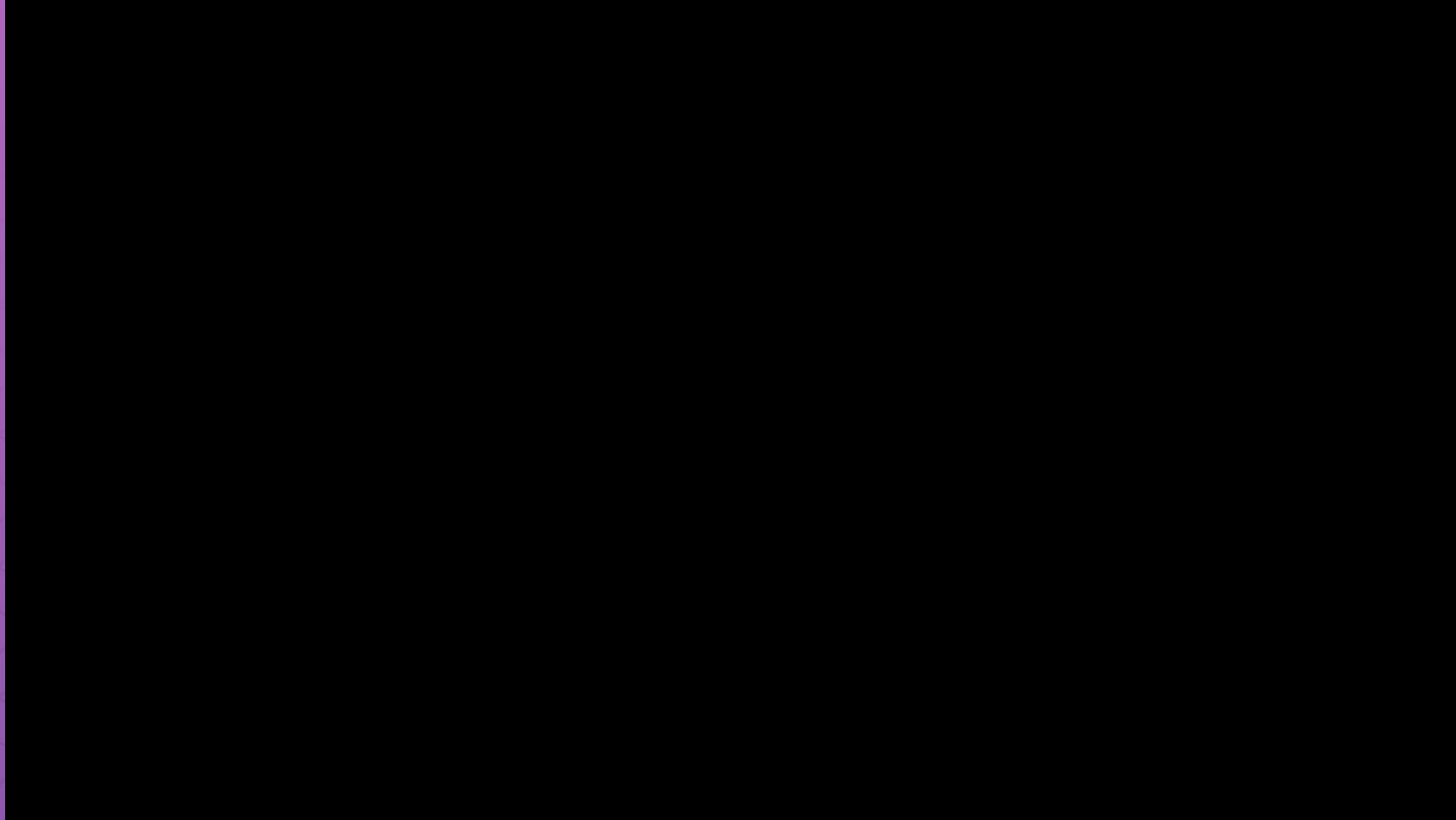


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Ann Jirmasek, Clinical Gerontologist

Medical Minute



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Dementia
Friends
Illinois 

A Dementia Friendly America initiative

What is Dementia Friends?

A global movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States.



The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease.



People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend.

Dementia Friendly Communities and Dementia Friends

Community Effort

Dementia Friendly Communities

“Dementia Friendly America is a multi-sector collaborative on a mission to foster "dementia friendly" communities.”

Source: www.dfamerica.org/about-dfa-1

Individual Effort

Dementia Friends

“A Dementia Friend is someone who.. learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts. Anyone of any age can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!”

Source: www.dfamerica.org/dementia-friends-usa/

5 Key Messages of Dementia Friends

- Dementia is not a normal part of aging
- Dementia is caused by diseases of the brain
- Dementia is not just about having memory problems
- It is possible to have a good quality of life with dementia
- There is more to the person than the dementia



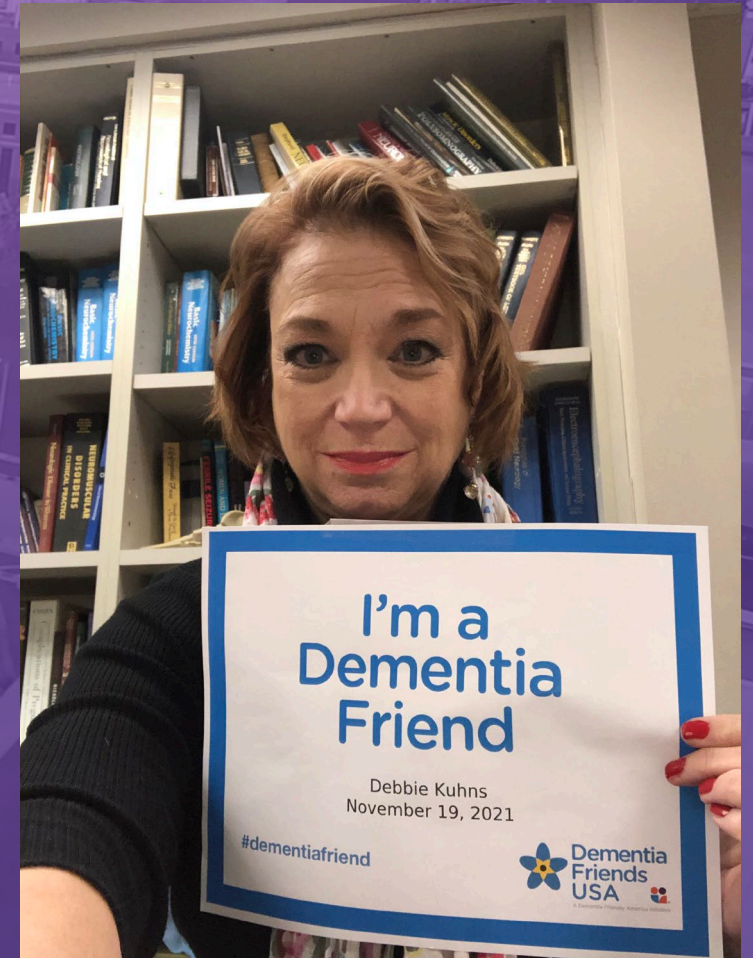
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- Questions? More information? Volunteer?
- Contact – 217.545.7204
- CARE@siumed.edu
- Debbie Kuhns, Program Coordinator
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DEMENTIA FRIENDLY COMMUNITY

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