

DEMENTIA CAREGIVING 101

A GUIDE TO CARING FOR SOMEONE WITH ALZHEIMER'S DISEASE AND RELATED DISORDERS



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FOR ALZHEIMER'S RESEARCH
& TREATMENT

Session Three

Objectives

1. Brain Nutrition

- Learn about the MIND Diet and what it means
- Understand foods that will help slow down memory loss

2. Meaningful activities for the person with memory loss

- Learn ways to make meaningful memories
- Learn to have meaningful interactions, including holidays
- Understand why meaningful activities are important

3. Fall Prevention

- Learn tips to help prevent falls
- Understand the home prevention checklist for older adults.



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BRAIN NUTRITION

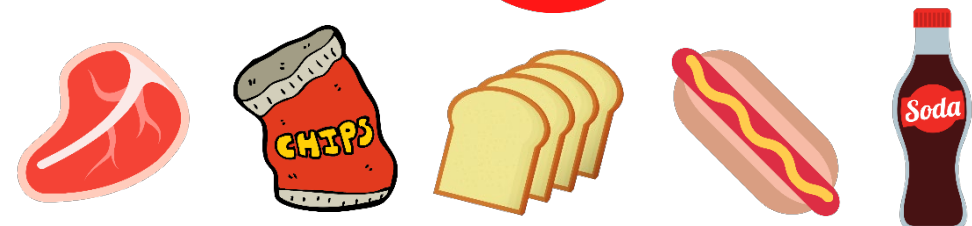
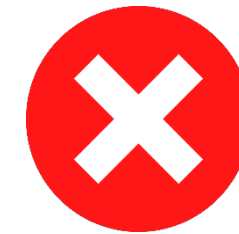


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Mediterranean eating pattern (diet)

- Based on the dietary habits of people in Italy and Greece
- Majority of diet consists of vegetables, fruits, whole grains, beans, herbs, nuts, seafood, and olive oil
- Poultry, eggs, cheese, and red wine are consumed in moderation
- Avoids red meat, refined grains, processed foods, and sugar sweetened beverages



Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

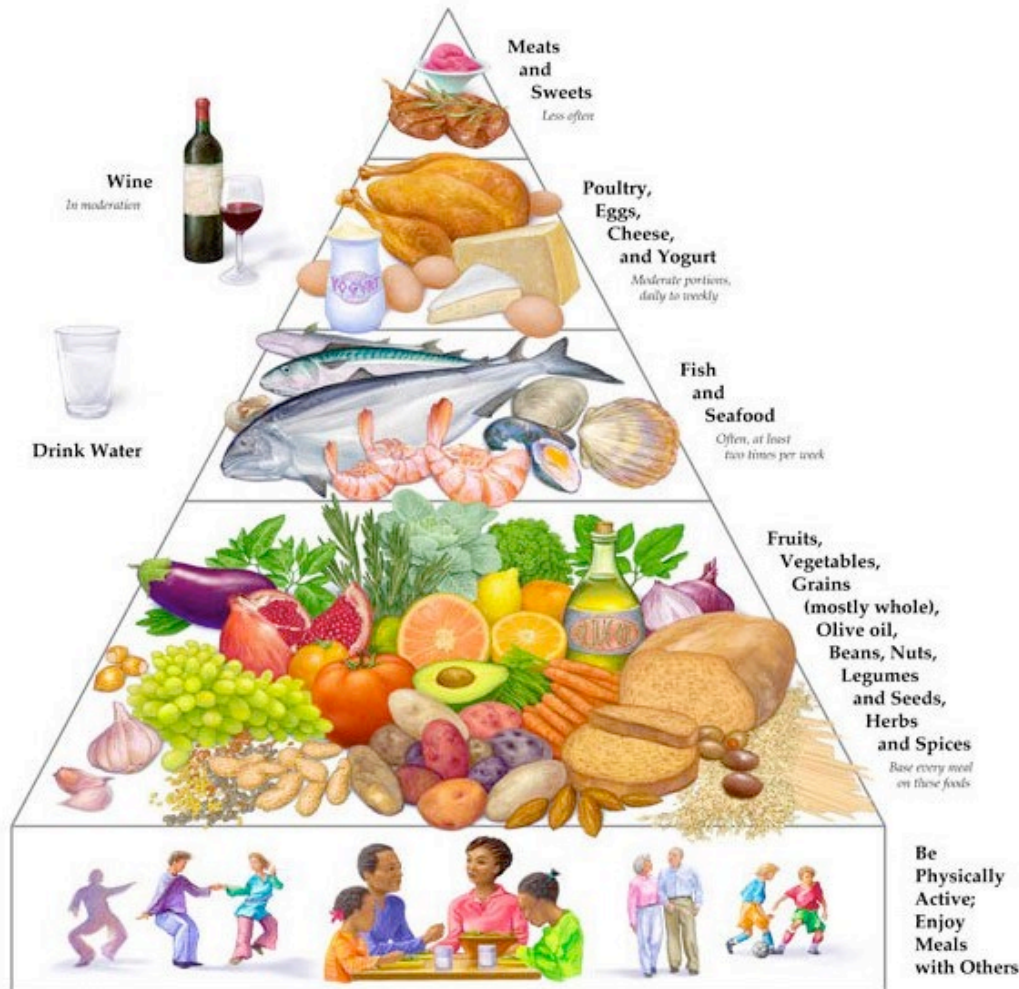


Illustration by George Middleton

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• Greater adherence to the Mediterranean diet is associated with:

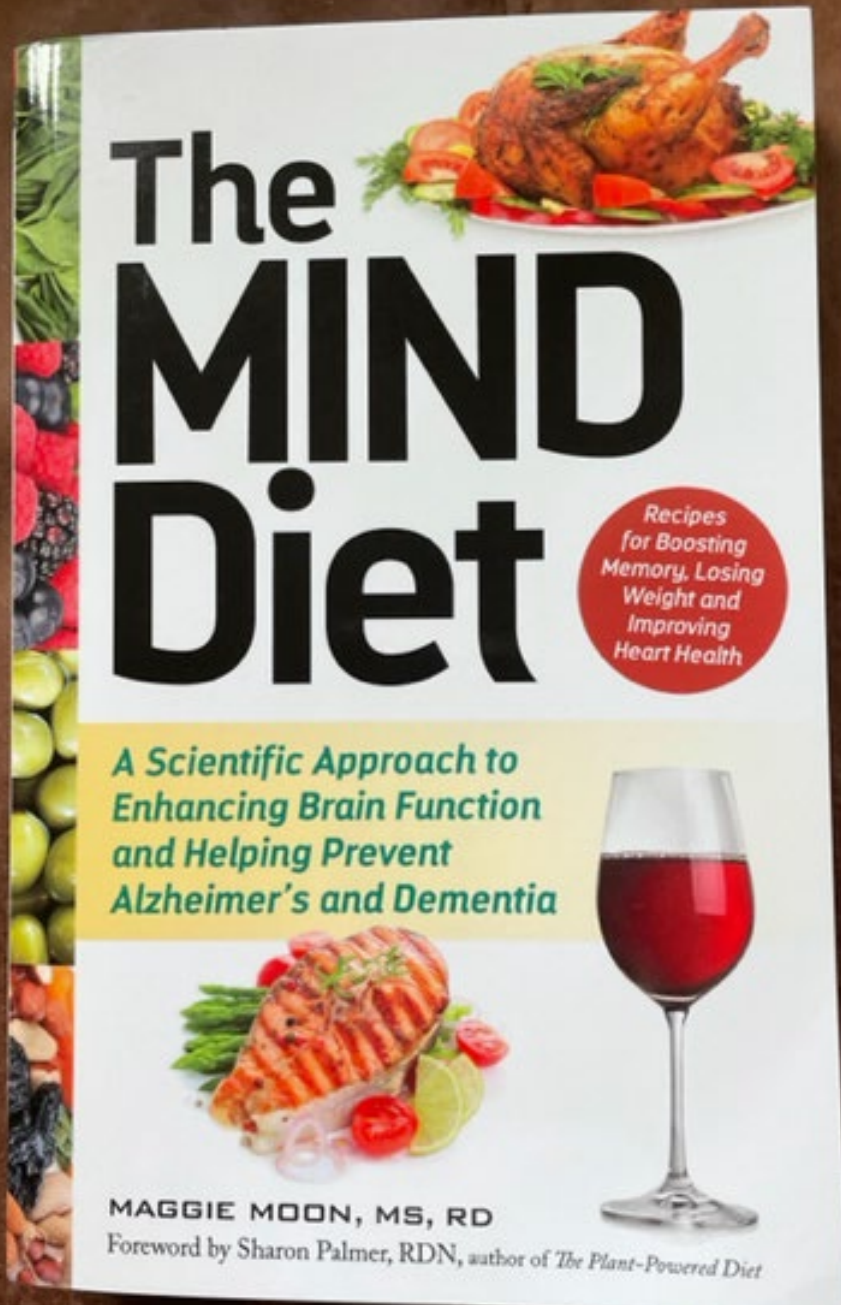
- 9% reduction in total mortality
- 9% reduction in CV mortality
- 6% reduction in cancer mortality
- 13% reduction in mortality from PD and Alzheimer's

Sofi et al. *Adherence to Mediterranean diet and health status: meta-analysis* BMJ 2008;337;a1344

Key Points: Mediterranean diet

- Not a strict diet, but rather a pattern of eating
- Focus = fresh, whole foods and avoids highly processed foods
- Decreases risk of many chronic diseases and all cause mortality
- Compliance is easy
- Very few risks





And it's popular

- Look for a book written by a registered dietitian with information based on science and backed by research
- There is still much to learn



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Alzheimers Dement. 2015 September ; 11(9): 1007–1014. doi:10.1016/j.jalz.2014.11.009.

MIND Diet Associated with Reduced Incidence of Alzheimer's Disease

Martha Clare Morris, S.D.¹, Christy C. Tangney, Ph.D.², Yamin Wang, Ph.D.¹, Frank M. Sacks, M.D.⁵, David A Bennett, M.D.^{3,4}, and Neelum T. Aggarwal, M.D.^{3,4}



9 Foods to Eat on the MIND DIET

Green Leafy Vegetables

Most Other Vegetables

Nuts

Berries

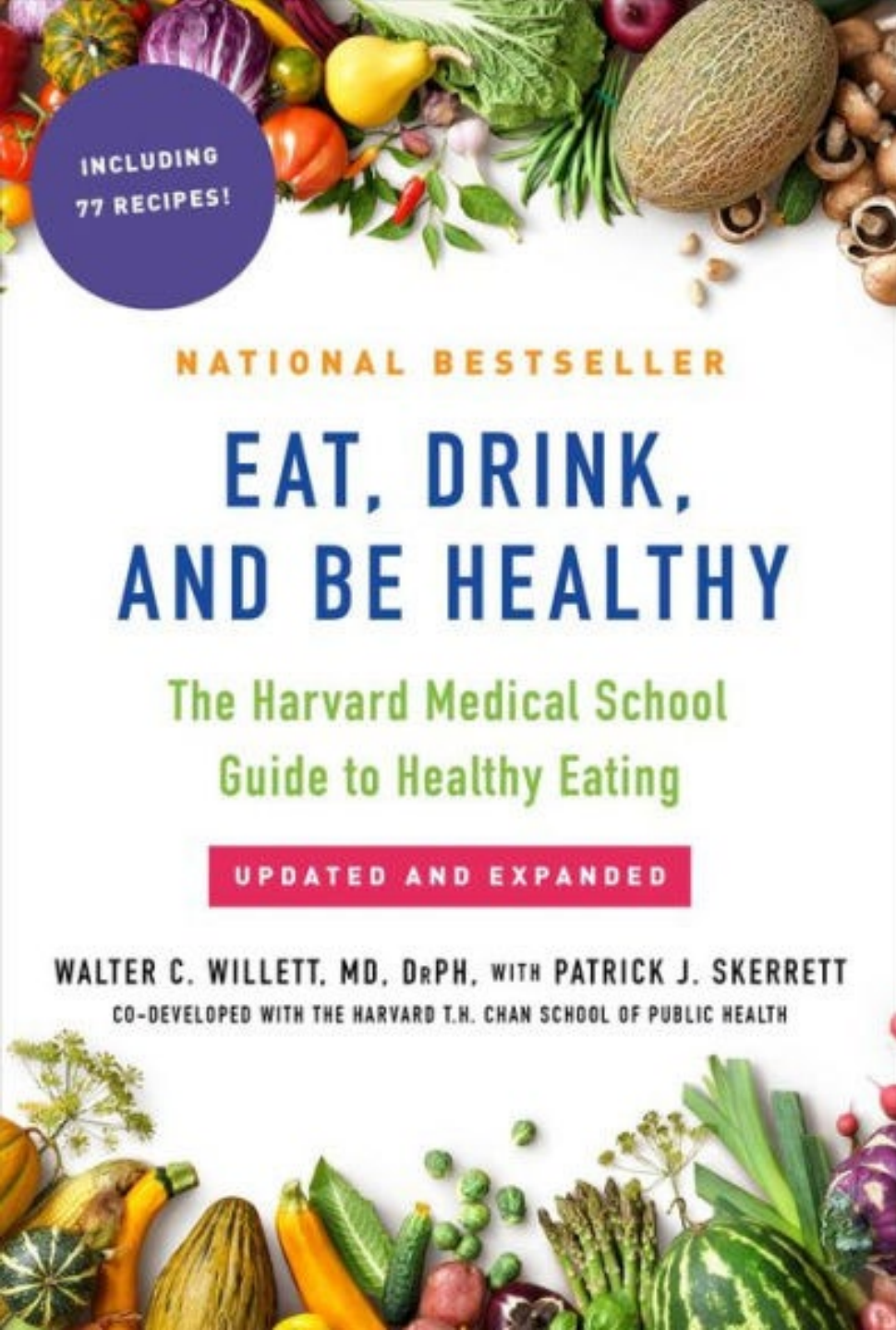
Beans/Legumes

Whole Grains

Fish

Poultry

Extra Virgin Olive Oil



Resources

- OldWays: Cultural Food Traditions
 - <https://oldwayspt.org/>
- Harvard T.H. Chan School of Public Health, Nutrition Source
 - <https://www.hsph.harvard.edu/nutritionsource/>
- Goldring Center for Culinary Medicine, Culinary Medicine Certification Program
 - <https://www.healthmeetsfood.com/>
- Mediterranean Diet as a UNESCO Intangible Cultural Heritage of Humanity
 - <https://ich.unesco.org/en/RL/mediterranean-diet-00884>
- Apps of Interest
 - FoodSwitch: has a camera feature that allows you to find healthy alternatives within a category in the grocery store by scanning a bar code. Created by a Northwestern University cardiologist
 - PixFood: take a picture of something in your pantry and it will provide recipes for you!



Meaningful Activities

Debbie Kuhns



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Activity – “Few of My Favorite Things”

1. Write five of your favorite things to do when you're not working.
2. Tell the person next to you why you enjoy these activities
3. Imagine not being able to do the activity you enjoy the most
4. How would your life change?
5. Who else would be affected by this loss



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Meaningful Activities

Meaningful activities should:

- Structure time and make the best of the remaining abilities
- Help to reduce undesirable behavior
- Be fun and enhance quality of life
- Provide intellectual stimulation
- Help maintain independence and physical well being
- Encourage socialization
- Help person feel useful
- Alleviate family concerns about the person “not doing enough.”

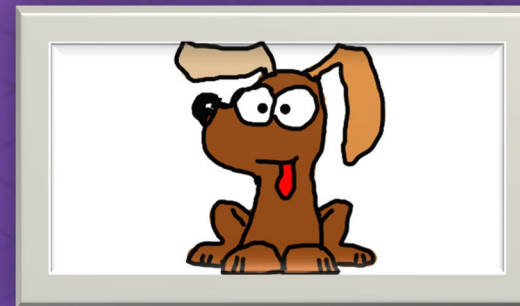
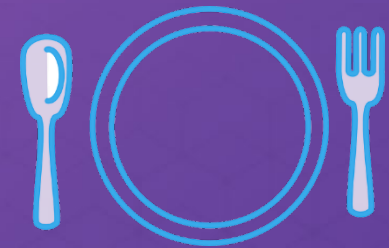


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From the *Best Friends Approach* to *Alzheimer's Care*

- Performing personal care
 - Did someone say bubble baths??
 - Mani/Pedi
- Doing chores
 - Shelling almonds or peanuts
 - Setting the dinner table
- Being with pets
 - Brushing a dog or cat's fur can be an opportunity to give and receive love
- Using music
 - Putting on favorite music
 - Music trivia
- Reminiscing
 - Old magazines from their childhood

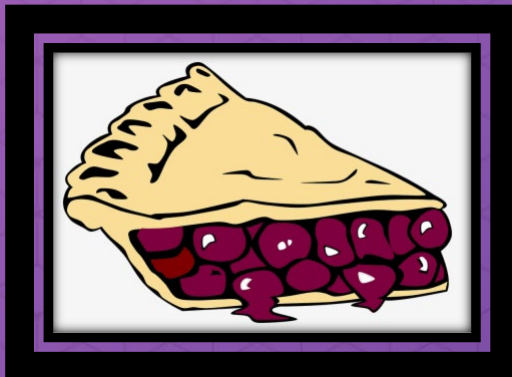


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From the *Best Friends Approach* to *Alzheimer's Care*

- Performing spiritual activities
- Creating arts and crafts
 - Make holiday decorations, ceramics, woodworking, coloring
- Name that smell/sound/touch...
- Food
 - cooking, baking, measuring, reading the recipe etc...



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From the *Best Friends Approach* to *Alzheimer's Care*

- Enjoying quiet time
 - Starting a new tradition of afternoon “high tea” and cookies (or ice cream)
- Remembering old sayings clichés, or rhymes
 - Flashcards of old sayings
- Doing activities with children
 - Read stories or books



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From the *Best Friends Approach* to *Alzheimer's*

- Gardening
 - Take care of indoor/outdoor plants
- Going out
 - Plan outings for the time of day when the person is at his or her best
- Spiritual activities
 - Help the person stay a part of the person's religious community.
 - Play religious music important to that person



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Holidays



Holidays can be meaningful, enriching times for both the person with memory loss and their family.

This can cause confusion and anxiety for the person with memory loss.

Here are some ways to balance doing holiday-related activities while taking care of your own needs:

- Celebrate holidays that are important to you
- Set your own limits
- Limit the number of visitors at one time
- Involve the person with memory loss in simple preparations
- Prepare quiet distractions, such as a family photo album
- Make sure the person with memory loss can rest as needed



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Holidays



Preparing Guests: Help them understand Alzheimer's Disease

- Explain to guests that the person with Alzheimer's disease does not always remember what is expected and acceptable.
- Give examples of unusual behaviors that may take place such as incontinence, eating food with fingers, wandering, or hallucinations.
- The memory-impaired person may not remember guests' names or relationships but can still enjoy their company.
- Stress that the meaningfulness of the moment together matters more than what the person remembers.



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Holidays



Preparing the Person with Alzheimer's Disease

- Begin showing a photo of the guest to the person a week before arrival. Each day, explain who the visitor is while showing the photo.
- Arrange a phone call for the person with Alzheimer's and the visitor. The call gives the visitor an idea of what to expect and gives the person with Alzheimer's an opportunity to become familiar with the visitor.



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Holidays



Preparing the Person with Alzheimer's Disease

- Keep the memory-impaired person's routine as close to normal as possible.
- During the hustle and bustle of the holiday season, guard against fatigue and find time for adequate rest.



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Questions?

Call Debbie Kuhns at:
217-545-5698



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Fall Prevention

Lindsey Teefey
Smith Alzheimer Center



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What can we do at home to reduce risk of falling and gain lower body strength?



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Reducing Your Risk of Dementia

Debbie Kuhns

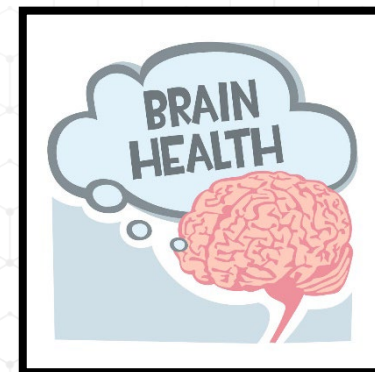


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Risk Factors – Modifiable

- Cardiovascular – prevent or delay 40% of dementia
- Smoking
- Hypertension
- Hyperlipidemia
- Diabetes
- Diet
- Exercise



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What Can You Do?

1. Control High Blood Pressure
2. Maintain a Healthy Weight
3. Eat a Health Diet
4. Keep Physically Active
5. Stay Mentally Active
6. Stay Connected with Family and Friends
7. Treat Hearing Problems
8. Take Care of Your Mental and Physical Health
9. Sleep Well
10. Prevent Head Injury
11. Avoid or Limit Alcohol
12. Stop Tobacco Use



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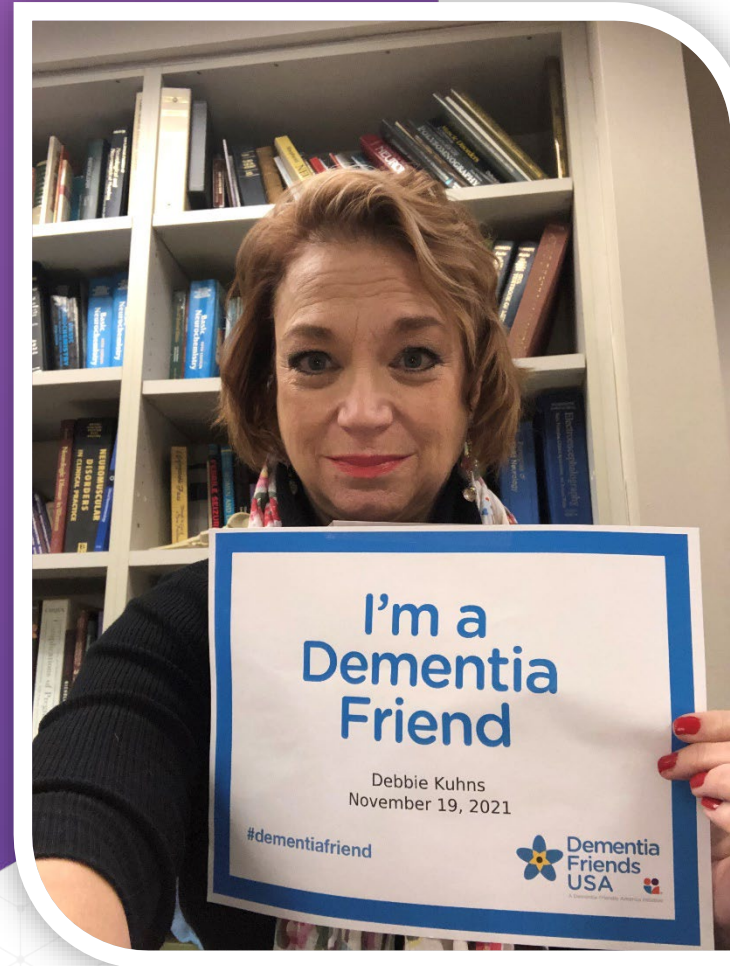
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