

Module 2: Mid-Stage Alzheimer's

Experience sundowning symptoms, frustration when completing self-care tasks and observe a family careplan meeting.

Learning Objectives

- Understand how the changing brain affects one's ability to successfully communicate and process information.
- Identify proactive practices to reduce sundowning triggers (e.g. keeping room well-lit, engaging elder in preferred activities, reducing noise and stimulation).
- Identify successful methods of communication as well as potential detrimental effects of negative interactions.

Discussion Questions

1. How did you feel while embodying Beatriz?
 - a. Why did you feel that way?
2. What could be done to reduce disorientation for elders who experience sundowning?
3. What did you notice during the careplan meeting?
 - a. Have you experienced meetings like this before?
 - b. As Beatriz, did you feel included in the care discussion? Why/Why not?
 - i. How could Nurse Gaby have communicated more effectively with you?
4. Other than memory loss, how does living with Alzheimer's affect how people process and engage with the world and people around them?

Who is Beatriz?



Beatriz Rogers has been a math teacher for nearly 4 decades. Beatriz enjoys spending time with her family (especially her grandson, Junior), cooking, and going to Mass every Sunday. Beatriz loves listening to music and is always ready to dance.

People You'll Meet



Camilla is Beatriz's daughter and Junior's mother. Confident and independent, she is the first to offer help but does not accept help easily. She has a very close relationship with her mother and prioritizes family above all else.



Junior is Beatriz's grandson. He is a kind-hearted boy with a great sense of humor. He loves to dance and has a special relationship with his grandma.



Gaby is a home care nurse that visits monthly to evaluate Beatriz' health and safety as Beatriz' Alzheimer's disease progresses.



External Resources

Non-Embodied Labs informative links and activities

Module 2: Progression of Lewy Body Dementia

Experience visual and auditory hallucinations. Learn coping skills that preserve dignity and reduce anxiety, attend a doctor's appointment with your family.

Learning Objectives

- Understand the importance of routine and consistency for people living with LBD.
- Identify and implement strategies to promote independence and preserve the dignity of elders living with LBD.
- Proactively manage the elder's environment to reduce the risk of over-stimulation.

Discussion Questions

1. Why do you think earplugs are a helpful tool for those living with LBD?
 - a. What other self-regulating techniques could be effective?
2. What do you think triggered the hallucinations in the living room?
 - a. Think of a time when an elder with LBD experienced similar behavioral manifestations?
 - i. Do you recall what the physical environment was like?
 - ii. What could've been done to possibly prevent this occurrence?
3. How did you feel when your daughter-in-law said you "attacked them"?
 - a. After embodying Dima, has your perception of behavioral manifestations changed?
4. How did you feel when the doctor was suggesting a plan for long-term placement?
 - a. How could the doctor have included you more in the conversation?



External Resources

Non-Embodied Labs informative links and activities

Who is Dima?



Dima is a Lebanese-American woman who emigrated to America with her husband as a young adult. Dima and her husband operated a bakery together for several decades. Now retired, she lives with her oldest son his wife, and her two grandchildren.

People You'll Meet



Bassam is Dima's son. He runs the family bakery with his wife, Isabel, and would do anything for his mom.



Isabel is Bassam's wife and is currently expecting their third child. She is stretched thin caring for the children, working at the bakery, and now caring for Dima all while in the third trimester of her pregnancy.



Yusuf is Dima's grandson. He is a sweet boy with lots of energy and loves having Dima live with them.



Laila is Dima's granddaughter. She is the youngest of the family and looks up to her brother, Yusuf.



Dr. Helton is Dima's neurologist. She is following Dima's Parkinson's disease progression and assisting the family in identifying resources to support her changing needs.

Module 2: Personalization of Care

Experience challenges associated with meeting the needs of elders with cognitive deficits and identify approach practices which lead to successful care outcomes.

Learning Objectives

- Identify creative care approaches and improve elder success outcomes by personalizing the plan of care.
- Recognize barriers to traditional communication and identify alternative methods to successfully convey messages.
- Prioritize elder preferences to increase compliance and improve elder success outcomes.

Discussion Questions

1. What did you notice about Magda?
 - a. How do these observations affect the way you will deliver care?
2. Why do you think Magda was accepting of the finger sandwich?
 - a. Can you think of other dietary offerings that would meet her needs?
3. Magda was most successful when offered a choice of 2 shirts. Why do you think this was a better choice than letting her choose from her entire closet?
4. Did you find the care card helpful?
 - a. How did it support you as a caregiver?
 - b. Is there additional information you would have added?
5. What would you include in the report for the oncoming shift?

Who is Melanie?

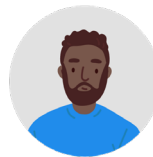


Melanie is a seasoned nurse's aide who strives to empower those she cares for. She is warm, compassionate, and well-loved by staff and residents. Melanie is still getting to know Magda.

People You'll Meet



Magda is an eccentric German woman living with mid-stage dementia. She uses a walker for stability and is always in motion. Since she doesn't like to sit still, she often refuses meals and gets extremely hungry mid-afternoon. Magda is fairly new to the community and becomes frustrated when she is misunderstood. She likes to make her own choices but is easily overwhelmed. When she becomes tired or upset, she reverts to speaking primarily German.



Hector is a new CNA coming in for the night shift. He is apprehensive when it comes to Magda, as she tends to have more behavioral manifestations in the evening and overnight.



External Resources

Non-Embodied Labs informative links and activities