

Module 1: Early-Stage Alzheimer's

Experience sensory and expressive changes and family dynamics surrounding functional changes. Learn how the lobes of the brain work together to execute complex functions.

Learning Objectives

- Identify common early indications of cognitive changes associated with dementia.
- Recognize that the visual and auditory distortion experienced by people living with dementia can cause challenges to daily living.
- Identify strategies for successful communication and independence preservation.

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.

Discussion Questions

1. How did you feel while embodying Beatriz?
 - a. Why did you feel that way?
2. What sensory changes did you notice? (Vision/hearing)
 - a. Which of these changes was most surprising to you?
 - b. How might these changes affect one's ability to complete/participate in activities of daily living?
 - i. What strategies could be used to support independence?
3. How did you feel when your family was in your kitchen?
 - a. Can you think of a situation that may cause your elder(s) to feel this way?
 - i. What strategies could you use to reduce stress/over-stimulation?
4. After embodying Beatriz, what changes do you plan to make when interacting with a person living with dementia?



External Resources

Non-Embodied Labs informative links and activities

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?

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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 3: Late-Stage Alzheimer's

Experience late-stage Alzheimer's symptoms including visual deficits and disturbances, receive care from a CNA, experience the effects of familiar music.

Learning Objectives

- Prioritize elder well-being and identify meaningful ways to connect with those living with late-stage dementia (e.g. music, nature).
- Have increased success completing care tasks by using intentional, positive care methods which meet the elder's current needs and honor personal preferences.
- Reduce elder distress by understanding visual and sensory changes that occur in late-stage dementia.

Discussion Questions

1. How did you feel while embodying Beatriz?
 - a. Why did you feel that way?
2. What did you notice about the way Veronika supported you?
 - a. How could you apply these principles to your caregiving practice?
3. What happened when they started playing music and dancing?
 - a. Why do you think this happened?
4. What advice would you give to family members who are wishing to connect with their loved one who has end-stage Alzheimer's disease?

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Veronika is a home health aide that assists with Beatriz' activities of daily living. She has gotten to know Beatriz very well and understands how best to support her.



External Resources

Non-Embodied Labs informative links and activities