

Improving Outcomes in People with Dementia

Knowledge Paper Answers

Improving Outcomes in People with Dementia Knowledge Paper

1. What is dementia?

Dementia is a progressive disorder that affects how your brain works and in particular the ability to remember, think and reason.

2. Dementias are more common in people over the age of?

65.

3. What is the most common type of dementia?

Alzheimer's.

4. Why might depression be mistaken for dementia?

Because it can lead to mental impairment and lack of motivation resulting in self neglect signs also shown in Dementia sufferers.

5. Why is it important to get to know clients as individuals?

If you don't it affects the way people are treated. Low expectations and a lack of understanding can mean that the individual's loved ones and carers focus on what they can't do rather than exploring what they are able to do and ways in which their lives might be enriched.

6. Suggest 3 ways in which you might answer the question 'Who are you?'

- 1 I am John
- 2 I am John Smith
- 3 I am Mr Smith

7. What is 'objectification'?

Treating the person as a 'thing' e.g. moving them from bed to chair without seeking consent.

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8. Why do you think it would be wrong to make false promises to a client with dementia, even if you knew they would forget what you had said?

Dishonesty – carers use deception or mislead clients to gain compliance; they do this because they do not believe that the clients will understand or remember what they have done; this erodes trust in the relationship. People who feel ignored and whose sense of self is threatened may become increasingly desperate to be heard and to be treated as human beings.

9. Give 3 examples of barriers to communication.

- 1 Processing information – memory loss.
- 2 Forgetting words – forgetfulness is common.
- 3 Sensory problems – including hearing and sight.

10. Give 2 examples of non-verbal communication

- 1 Flash cards.
- 2 Use of sign language or gestures.

11. What is a life book?

This teaches carers about the client and helps them to see a person not a condition. It helps to let the client reminisce on their past and helps family to reconnect with their loved one. They may include photos, postcards of memorable places, dates and many other meaningful things.

12. Suggest 2 ways in which a client might act if they are unable to communicate with carers.

- 1 Moaning / screaming / head banging.
- 2 Aggressive / violent acts.

13. Give 3 examples of person-centred values.

Independence
Dignity
Privacy
Rights
Choice
Respect
Partnership
Individuality

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14. Why is dementia a protected characteristic under the Equality Act 2010?

People with Dementia are classed as having a disability because their condition affects their ability to perform everyday tasks; their rights, therefore, protected by the Equality Act.

15. Give an example of a human right.

Right to life.
Protection from torture or inhuman or degrading treatment
The right to liberty and security of person
The right to a fair trial
The protection of private and family life
Freedom of thought, conscience and religion
Freedom of expression
Freedom from discrimination

16. Why is it important to take a positive approach to risk management and to focus on what clients are able to achieve?

It's important that you do not limit client's freedoms unnecessarily, you have a duty of care to protect them but this has to balance with their rights. You must take a positive approach, listen to what the client wants and focus on how it can be achieved NOT the reasons why it might be difficult.

17. Suggest 2 reasons why people with dementia may need help with personal care.

- 1 May have forgotten what to do.
- 2 Have become less interested in the way they look.

18. Suggest 2 ways in which you could help a client to dress themselves independently

- 1 Easy storage – label cupboards / drawers.
- 2 Undo fastenings, lay out in order.

19. Why is it important to adapt the care environment to improve accessibility for people with different needs?

It allows people to move around without support from staff. It helps to maintain their physical and emotional wellbeing. Safety.

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20. Give an example of a way in which you might support a client to feel useful.

Encourage clients to do work around the home, e.g. preparing meals or decorating. Also encourage them to participate in activities that maybe going on such as fundraising.