

## Alzheimer's & Dementia Training Skill Check 2018

1. Training in Dementia is required by DDS because (select all that apply):
  - a. Public Act 14-194 requires this
  - b. People with Down Syndrome, whom DDS serves, have an increased risk of Dementia as they age
  - c. Skills in helping people with ID and Dementia are critical in helping them live the best quality of life
  
2. Typical symptoms of Dementia you may see in people we serve include (select all that apply):
  - a. Getting lost or wandering off
  - b. Seizures
  - c. High fevers
  - d. Personality changes
  - e. Vomiting
  - f. Confusion in familiar places
  
3. Which of the following sentences is true?
  - a. As people with ID of *all* types, get older, they are at the *same risk* of dementia as the general population.
  - b. As people with ID of *all* types, get older, they have an *increased risk* of dementia compared with the general population.
  - c. As people with ID get older, they have about the same risk of dementia as the general population, but people with *Down Syndrome have a much higher risk, as they age*
  
4. Dementia is an umbrella term for a number of different diseases such as Parkinson's, Alzheimer's, Lewy Body, Vascular Dementia and others. These may have different symptoms. What is common to all these forms of dementia that we should watch for, document and report?
  - a. itching, rash and allergic reactions
  - b. impaired memory, behavior and thinking
  - c. severe persistent pain, and joint damage
  - d. immediate and complete vision loss

5. Joseph is a 51 year old man with Down Syndrome. He does most of his daily activities such as dressing, and eating, with little help, and enjoys friends and working. Recently, Joseph has seemed uninterested in things he usually enjoys. He seems to struggle with selecting clothes and finding his way to places he usually goes without help. He's been unusually irritable too. Is this cause for concern? Which is the best choice of action?
- He probably is just out of sorts, and needs a little extra sleep or attention.
  - Limit all the activities that seem to stress him, and keep him as safe and quiet as possible. Provide much more supervision, and tell him and show him how to do things. Tell the nurse that he is showing signs of dementia.
  - Document, and report these new developments to the team member designated by your agency. Provide friendly reminders to assist him, break down tasks into steps one at a time, and try to maintain his regular routine and activities, with extra help.
6. You are working with Elaina, who is 59. Elaina has had some memory problems, and needs support to pick out her clothes and dress herself. She eats independently, and loves to sing. Sometimes she forgets her friends' names, but she still enjoys company. Recently, she has been waking up and walking around at night, making noises. She falls asleep during the day which is unusual. Today at lunch she just stared at her food, did not want to eat and became angry. She is talking much less than usual, and yelling or making sounds to get what she wants. What should your next steps be?
- Report to the supervisor that Elaina needs more care now and should go to a nursing home. Reduce her activities significantly and supervise her at all times. Speak in a loud and commanding tone, so that she will be more responsive.
  - Provide Elaina with more direct hands-on assistance to ensure she eats. Monitor and supervise to make sure she doesn't get injured at night if she wakes up. Let her sleep when she wants to. Reduce stimuli in the environment to discourage her yelling.
  - Document and report Elaina's behavioral changes to the team member that your agency designated. Evaluate and consider changes to lighting or sound, distractions, glare or noise, or clutter that may be making it difficult for her to eat or remember what she is doing at meal times. Keep things simple. Pay attention to her vocalizations which may be the only way she can communicate her needs. Try to provide good interactions with others. Encourage her singing.

7. Martin is a senior, to whom you provide service. He can walk but is unstable so often uses a wheelchair. Martin does not speak, but makes sounds regularly, as if he is trying to talk. He does not recognize people or respond to conversation. He can feed himself and finishes all his meals. There's been no changes in Martin's behavior or condition recently. Which is the best choice of action?
- Keep Martin calm and avoid any activity that may stimulate him and cause upset or agitation. A quiet, dark room is best. As long as he is not injuring himself, he can be left alone. There is not too much we can do to help him.
  - Monitor Martin's physical needs, comfort and well-being and be aware of changes in his manner or vocalization that may indicate pain, hunger, thirst etc. Provide opportunities to walk or do light physical activity with assistance. Offer gentle stimulation, enjoyment from music, being with other people, looking out a window, and approved snacks.
  - Provide opportunities to participate in games and physical activities. Encourage him take on activities of daily living like dressing, bathing and preparing food. Be energetic and enthusiastic in communicating with him and supporting his learning and development.
8. The following are behaviors that an individual with dementia may exhibit, that might be challenging for us. Match each with a strategy you might use to support the individual and manage the behavior.
- |                                    |   |
|------------------------------------|---|
| a. Verbal outburst, Screams        | ___ Reduce fall hazards, camouflage doors, ID card        |
| b. Physical aggression             | ___ Be patient, answer, memory aids, distract             |
| c. Wandering away                  | ___ Check for physical or environmental cause; calm music |
| d. Searching for or hiding objects | ___ Don't shout or force, eye contact, reassure, be calm  |
| e. Repeating questions             | ___ Rummage boxes, organizing, redirection                |
9. True or False? People with dementia may respond to stimuli in their environment. There are things you can look for that might contribute to positive or negative responses in the people you serve.
- True, because factors such as time of day, people present, the activity, caregiver's tone and body language, can result in either an improvement or worsening of symptoms.
  - False, because progression of the disease is inevitable. There are different behaviors at different stages, but there is very little in the environment that contributes to this.
10. True or False? Direct care workers have very little impact on the quality of life of people with dementia because of the severity and nature of the disease.
- True, because our role is to keep people safe and see to their physical needs but brain disease makes it impossible to really experience any positive impact from the environment.
  - False, because nurturing relationships is a priority and we should encourage this and promote joy and fun as much as possible. People can still respond to music, laughter and physical touch as the disease progresses.