


Interdisciplinary Connections to Prevent and Manage Behavioral Expressions in Dementia

by Cameo Rogers and Miekka Zanders




Meaningful CONNECTIONS

Presenters



Cameo Rogers, CTRS, CDP, CDCM, CADDCT

Cameo is a recreational therapist and dementia educator. She serves as the Corporate Life Enrichment Manager for Immanuel in Omaha, Nebraska. Cameo is a sought-after speaker and presents at the state and national level regarding implementation of communication and engagement strategies to support individuals living with dementia. She was recognized as the 2017 National Certified Dementia Practitioner of the Year and was published in the peer-reviewed textbook, "Foundations of Therapeutic Recreation." Cameo serves along with Miekka Zanders as Co-Owner of the gerontology-focused "Kickin' Podcast," with a mission of "Sharing wisdom through conversation."



Miekka Zanders, CSW, NHA, CDP


Miekka Zanders is a social worker and nursing home administrator, with a special interest in dementia care and quality of life. Over the past 11 years, Miekka has worked with residents, team members and families across the continuum of care to improve understanding and communication for those with dementia. She has presented at the Nebraska Health Care Association conference and American Health Care Association national conference, as well as the Closing Ceremony of the Wyoming State Games. Miekka authored the highly reviewed book, *Being with Dementia: A Soulful Approach*. Together, Cameo and Miekka host the podcast 'Kickin', with a goal of bridging the gap between generations, breaking down stereotypes of aging, and shining a light on the vital role older adults play in our communities.

Meaningful CONNECTIONS

Learning Objectives

- Identify common environmental triggers for behavioral expressions and discuss strategies to minimize impact on individuals living with dementia.
- Describe systems that contribute to increased confusion and distress in individuals living with dementia and list 2-3 potential solutions that can be implemented after this session.
- Demonstrate communication strategies that promote increased trust, validation of emotions, understanding, and utilize hospitality skills for employees in various disciplines.



Meaningful CONNECTIONS

Behavioral Expressions

“The way a person acts in response to stimuli (either internal or external).”

~Dictionary.com



Meaningful CONNECTIONS

Unmet Needs

- Pain
- Boredom
- Restroom
- Exhaustion

Worthington, B., 2014



Meaningful CONNECTIONS

Unmet Needs

- Approach
- Thirst
- Hunger
- Environment

Worthington, B., 2014





Meaningful CONNECTIONS

Environmental Triggers

- People
- Tasks
- Sensory
- Perception



NCCDP, 2020



Systems

- Staffing
- Task focus
- Reactive treatment of symptoms
- Training
- Buildings that restrict movement or access to nature
- Buildings that are challenging to navigate
- Ineffective interdisciplinary problem-solving and implementation

Fazio, et. Al., 2018



Communication

- Warm and adult tone of voice
- Medium pitch to lower pitch
- Simple and concrete words
- Gracious and friendly re-introductions
- One speaker and one statement at a time
- State the very next thing

Alzheimer's Association, 2022; McEvoy, 2014; Shouse, 2016; Williams, 2009; Weirather, 2010; NCCDP, 2020



Communication

- Warm and friendly facial expressions
- Slow down
- Meaningful gestures
- Don't be afraid to apologize
- Hospitality focused skills

Alzheimer's Association, 2022; McEvoy, 2014; NCCDP, 2020; Shouse, 2016; Weirather, 2010; Williams, 2009



Meaningful CONNECTIONS

Whole Person Perspective

- Treat the person not just symptoms
- Create adaptive and enriched environments
- Identify and address unmet needs
- Learn a new way to communicate
- Personalize interactions and engagement

Alzheimer's Association, 2022; Fazio, et. Al., 2018, NCCDP, 2020



Meaningful CONNECTIONS

Whole Person Perspective

- There is no "one size fits all"
- Care providers/partners need to treat symptoms proactively vs. reactively

Kales, et. Al., 2015; NCCDP, 2020



Meaningful CONNECTIONS

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