Understanding and Recognizing Dementia in IDD

Questions? Contact: CDDERTraining@umassmed.edu

Audience	Learning Objectives
Staff and Paid Caregivers	• Increase knowledge about ADRD in individuals with IDD. • Learn to recognize changes in individuals with IDD. • Introduce strategies for caring for a person with IDD and ADRD

Action Strategies for the Trainer

Introduce the course.

We're going to watch a video that gives you an overview of what dementia is – what to look for, what you can expect, and a few tips on how to help you and people you care for adapt to changes. Throughout this course you'll hear the acronym ADRD, which means Alzheimer's Disease and Related Disorder. We will refer to both ADRD and dementia.

After each section, there are review questions, and we'll pause to discuss these and any questions you have to that point.

Play Section 1. Pause after the self-checks.

Are there any questions? Do terms need to be clarified?
Are you currently caring for a person with IDD and dementia?
   • *What sorts of strategies has your setting put in place to support the person?*
If you have staff from different programs, remind them not to give names or details that would violate confidentiality.

Introduce Section 2:

This next section will talk about noticing change and when to be concerned.

Play Section 2. Pause after the self-checks.
> *Are there any questions?*
> *How does your setting track changes in a person?*
> *If you don't know whether or not a behavior or change is typical for the person, what can you do? (Read the record to familiarize yourself, talk to nursing, supervisors, or other staff who are more familiar with the person)*
> *How do you follow through when you have concerns? If you're not sure, who can you ask? (supervisor, nursing)*
> **Remember! Sudden or abrupt changes must be reported right away. Know who you would report these sudden changes to.*

Introduce Section 3:
> *Remember that this is just the first course in a series that discusses ways to support and care for a person with IDD and dementia. This next section will give you a quick overview of some strategies.*

Play Section 3 to the Derek video.
> *Use the "Think About It" questions following this video to guide a group discussion:*
> - *In the video, did you notice how Derek was feeling? What did it look like to you? What was Derek hearing? Seeing? Feeling? And how did he respond?*
>
> - *Now think about what would have made things easier.*
>   - Reducing noises. Reducing clutter and busy patterns in the room. Speaking calmly and directly to the person. Giving limited choices. Supporting the person with cues.

Resume Section 3 to the end.

> - *What are some ways you help the person you care for stay healthy?*
> - *How can you help make sure the person understands you?*
> - *What are some activities that the person enjoys and help them stay connected to staff and friends?*

Discussion and Activities

Activities for further discussion and understanding.

<u>**Activity One**</u>
Practice with helping the person get dressed:
- Think of helping the person choose clothes for the day.
  - How would you ask them what they wanted to wear? (Failure free choices, limited choices, short answer questions, tone of voice, body language)
- If you were helping the person get dressed, how would you give instructions? (eye contact, tone of voice, short, clear sentences)
  - What visual or gestural prompts might you use?

Activity Two

Caring for a person with dementia can be stressful. Are there ways that help you feel more relaxed or calm at work?

Wrap up
Any other questions or comments

Resources

- [NTG screening tool](#)
- [Dementia Screening and Diagnosis](#)
- [MassOptions](#)
- [After the Diagnosis](#)
- [Creating a Memory Café](#)
- [End of Life Planning](#)
- [MOLST training webinar](#)
- [Aging Information and Webinars](#)
- [Massachusetts Department of Developmental Service, Family Support Center](#)
- [Mass Council on Aging](#)
- [Alzheimer's Association](#)
- [Your local Aging and Disability Resource Consortia agency (ADRC)](#)

NB: Web Links are current as of July 2023