Dementia Care Practice Recommendations

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Quality Care: History

- Guidelines for Dignity
- Key Elements of Dementia Care
- Dementia Care Practice Recommendations
Quality Care: Today

- Evidence-based practices
- 56 recommendations by 27 expert authors
- Applicable to various care settings and throughout the disease continuum
- Published as a supplement to Feb. 2018 issue of *The Gerontologist*
- Foundation for quality, person-centered care
Dementia Care Practice Recommendations

- Person-Centered Focus
- Medical Management
- Information, Education and Support
- Ongoing Care for BPSD and Support for ADLs
- Workforce
- Supportive and Therapeutic Environment
- Transition and Coordination of Services
- Assessment and Care Planning
- Detection and Diagnosis
PERSON CENTERED FOCUS

- Know the person
- Person’s reality
- Meaningful engagement
- Authentic, caring relationship
- Supportive community
- Evaluation of care practices

Recommendations
DETECTION AND DIAGNOSIS

• Information about brain health and cognitive aging
• Signs and symptoms of cognitive impairment
• Concerns, observation and changes
• Routine procedures for assessment and referral
• Brief mental status test when appropriate
• Diagnostic evaluation follow-through
• Better understanding of diagnosis
ASSESSMENT AND CARE PLANNING

- Regular, comprehensive, person-centered assessments and timely interim assessments
- Information gathering, relationship building, education and support
- Collaborative, team approach
- Accessible documentation and communication systems
- Advance planning
MEDICAL MANAGEMENT

Recommendations

• Holistic, person-centered approach
• Role of medical providers
• Common comorbidities of aging
• Non-pharmacologic interventions
• Pharmacological interventions when necessary
• Person-centered plan for possible medical and social crises
• End-of-life care discussions
Recommendations

- Preparation for the future
- Work together and plan together
- Culturally sensitive programs
- Education, information and support during transition
- Technology to reach more families
• Support for ADL function
• Person-centered care practices
• Dressing — dignity, respect, choice; process; environment
• Toileting — also health and biological considerations
• Eating — also adaptations and functioning; food, beverage and appetite
Recommendations

- Social and physical environmental triggers
- Non-pharmacological practices
- Investment for implementation
- Protocols
- Evaluation of effectiveness
WORKFORCE

Recommendations

- Orientation and training, and ongoing training
- Person-centered information systems
- Teamwork and interdepartmental/interdisciplinary collaboration
- Caring and supportive leadership team
- Relationships
- Continuous improvement
Recommendations

- Sense of community
- Comfort and dignity
- Courtesy, concern and safety
- Opportunities for choice
- Meaningful engagement
Recommendations

- Education about common transitions in care
- Timely communication of information between, across and within settings
- Preferences and goals of the person living with dementia
- Strong inter-professional collaborative team to assist with transitions
- Evidence-based models
Perspectives from individuals living with dementia

• Encourage early detection and diagnosis
• Share appropriate information and education
• Get to know the person
• Maximize independence
• Practice patience and compassion
• Personalize care to meet individual needs and preferences
• Adjust care approaches to reflect day-to-day needs and abilities
• Provide ongoing opportunities for engagement that have meaning and purpose
• Ensure coordination among those who provide care
• Train staff on the most current disease information and practice strategies
• Inform and include the individual in new interventions as appropriate
• Create a safe and supportive environment that reflects the person
Person-Centered Focus

Detection and Diagnosis
Assessment and Care Planning
Medical Management
Information, Education and Support
Ongoing Care for BPSD and Support for ADLs
Workforce
Supportive and Therapeutic Environment
Transition and Coordination of Services
Putting It All Together

Develop a plan
Create short and long term goals
Include staff
Take small steps
Get help if needed
Build support
Recognize and celebrate accomplishments
Next Steps: Get Involved

- In-person and online programs and services
- Curriculum review and essentiALZ® certification
- alz.org/qualitycare
Questions?

alzheimer's association

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