Dementia Awareness for Peer Carers

Name of presenters, *organisation*
Venue/audience, date

This presentation contains content adapted from Health Education England with permissions from Health Education England (reference)

Welcome

- Introduction
- Signs & symptoms
- What a peer carer can do to help
- What to do if you think someone has dementia
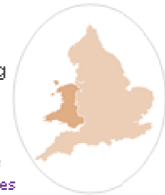
skills
abilities
knowledge

Housekeeping

- Fire
- Refreshments
- Toilets
- Ground Rules
  - Confidentiality
  - Self disclosure
- Opportunity for debrief at the end

Why dementia, why now?

- In the UK, around 850,000 people have been diagnosed with dementia
- People over 60 are the fastest growing age group in custody:
  - 1 in 6 are aged 50 or over
- Consequently, Dementia is on the rise
  - 2000 people in prison in England and Wales have suggested dementia

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Group activity

- What do you know about dementia?
- Do you know anyone with dementia?
- How does it affect them?
- What are the challenges for someone with dementia in prison?

Early signs & symptoms of dementia

- Memory Problems
- Getting lost in familiar places
- Forgetting names of people or objects
- Being confused about time and place
- Difficulties finding the right word, problems reading and writing
- Difficulties concentrating & thinking things through
- Worrying about memory problems

SIGNS & SYMPTOMS

Group activity - Thinking about the previous slide what signs of dementia is this resident showing?

Why might a person with dementia show signs of distress?

- Worried that their memory is failing
- New and confusing symptoms
- It is not always the dementia that causes the distress.
- They may be in pain or feeling tired feeling hungry/thirsty
- May need to go to the toilet.
- The distress may be also be triggered by things such as noise, heat, cold, darkness or light

Group activity - How is this person distressed? What do you think you can do to help?
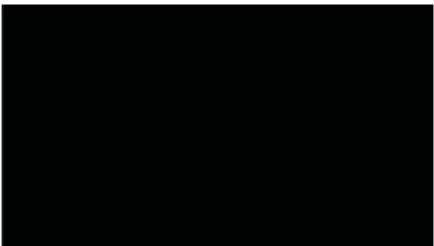
Vulnerability

- People in prison with dementia may experience
  - Bullying
  - Not being able to stick to rules
  - Stress / anxiety / fear

- **Group discussion** – what can you do in to support a vulnerable prisoner with dementia?

Communication

Slide 11 Notes:

Notes for the facilitator:
This is an example of someone badly communicating with a resident with dementia (John).
Watch the clip all the way through once.
Ask the group to comment on what was bad in the clip and how the officer should have behaved.
Watch the clip again. During the clip the facilitator should point out examples of bad communication and explain what should have happened:

- Rather than "What you doing?", the officer should have tried to gain the residents attention initially. For instance "Hi John, is everything ok?"
- The officer should have also introduced herself. For example, "John, it's Officer Johnson."
- Rather than proceeding to give John orders Officer Johnson should have double-checked whether john usually wears glasses or has a hearing-aids If Officer Johnson knew he did she could have said something like this "come on John, lets go and get your hearing aid and we can have a chat".
- Officer Johnson's behaviour is direct and unfriendly, and shows little understanding to the difficulties John might be having. Officer Johnson should have smiled and made eye contact with John so he could understand that Officer Johnson was talking to him.
- Officer Johnson used confusing and unfamiliar words. Rather than 'Bang up time, get behind your doors', she could have said 'John, it's time to go back to your room now please' which is more direct to John, the use of familiar language may help.
- Officer Johnson, positions herself to the side of John. She would be better standing in front of John, in line with his vision.

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Helpful tips for communicating

- Gain the persons attention first
- Introduce yourself
- Are they wearing the correct glasses/hearing aids?
- Smile and use eye contact
- Use words that are simple and familiar
- Position yourself where you can be seen
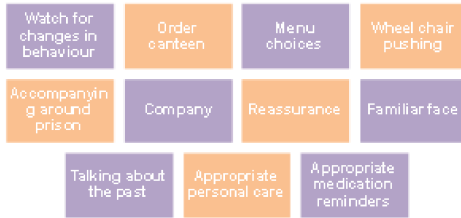

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Peer support in prison

- Group discussion
  - How can peers help individuals with dementia?
  - What are the benefits of peer caring?
  - What are the potential problems with peer caring?
  - How can these problems be reduced/avoided?

Slide 1

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How can peer carers help?

Watch for changes in behaviour	Order canteen	Menu choices	Wheel chair pushing
Accompanying around prison	Company	Reassurance	Familiar face
	Talking about the past	Appropriate personal care	Appropriate medication reminders

Slide 2

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What peers should <u>not</u> do

- Intimate / personal care ❌
- Handle, store or administer medication ❌
- Access confidential information ❌
- Anything the individual feels uncomfortable with ❌

Slide 3

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What to do if you think someone has dementia

- Talk to a member of prison staff
- Try to remember specific examples of your concerns
- Prison staff will then make a referral to the dementia care pathway where residents can be assessed

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Slide 4

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Group activity - What could a peer carer do to help this resident who is confused?

Slide 5

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Group activity answers - What could a peer carer do to help this resident who is confused?

- Try to make eye contact
- Reassure the resident
- Show the resident where they need to go
- Report the incident to a prison officer

Slide 6

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Acknowledgements

Health Education England Thames Valley

Alzhiemer's Society

THANK YOU