

Mission

Elevating the Global Dementia IQ
one student at a time



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I Specialize in Holistic Dementia Care Solutions



My Four Pillar Philosophy Recognizes:

Environment

Communication

Nutrition

Engagement

Senior Living Leader



Holistic Dementia Expert & Silver living Strategist



An Entrepreneur

Keep In Mind.[®]
Silver Living Strategies

K.I.M. 
Academy

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Taste & Tell[®]
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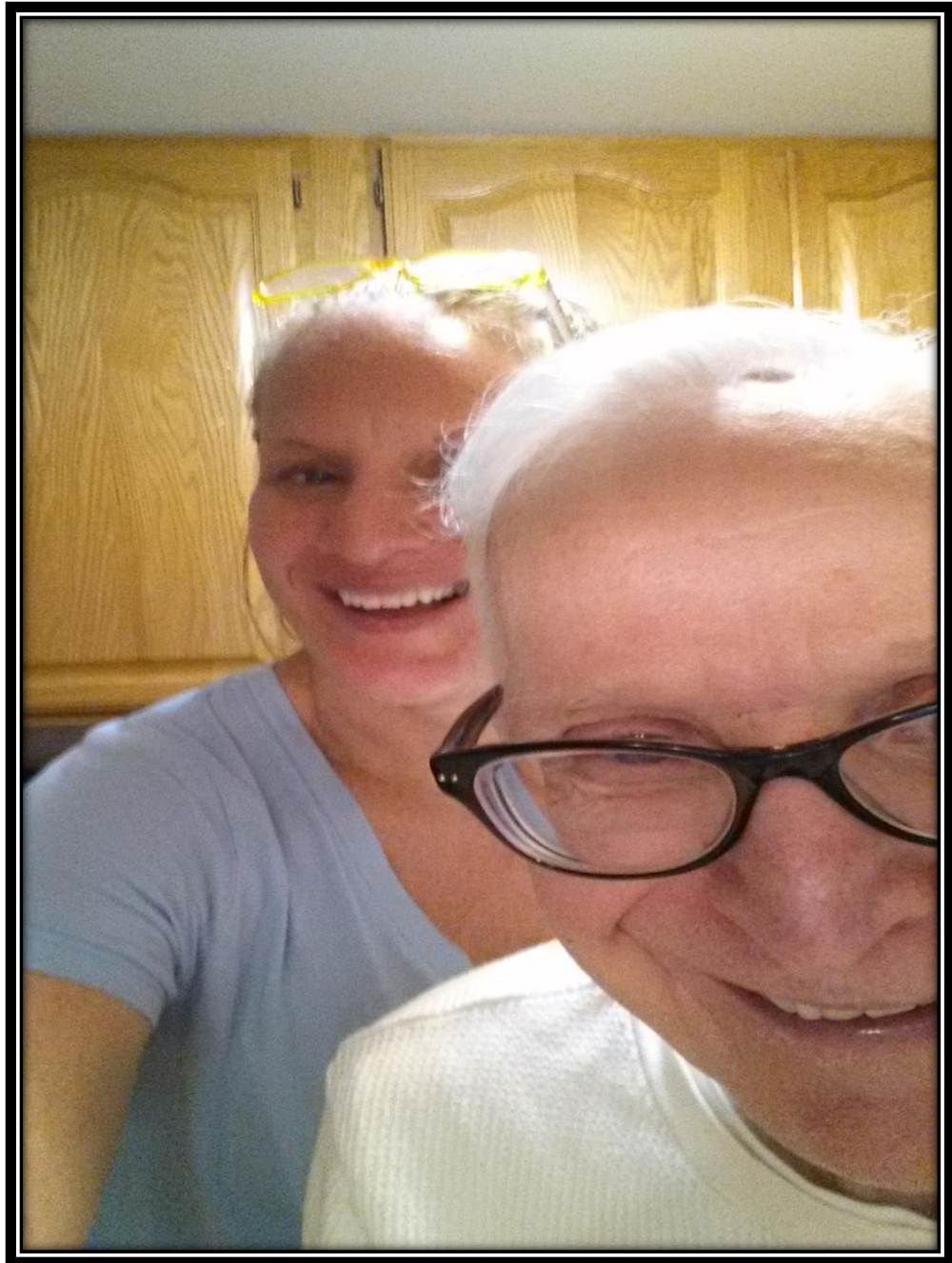


KIM.
Quotes[™]

Caregiving
411

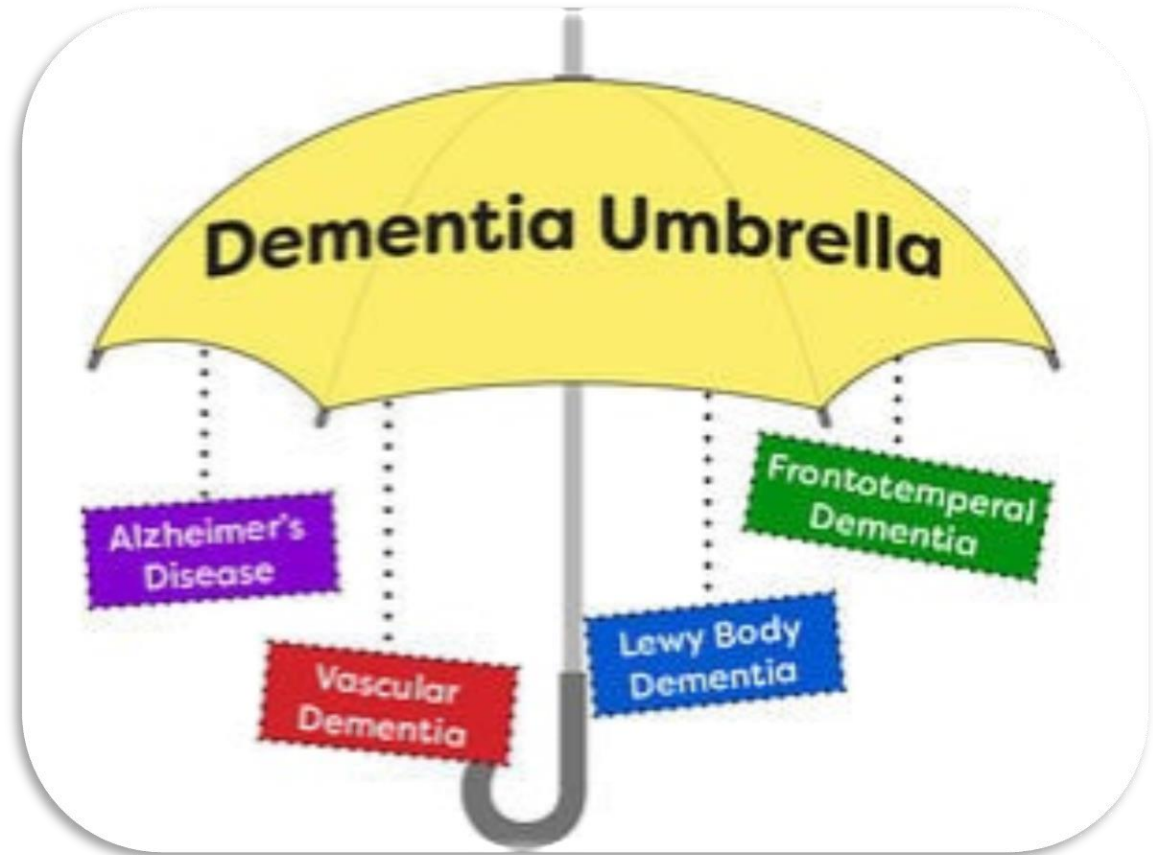
Keep In Mind.[®]
Silver Living Strategies

A Daughter - Caregiver



Dementia is NOT the Diagnosis

Dementia is an 'umbrella' term used to describe the symptoms of a group of more than **100** conditions that impair **memory, behavior** and **thinking**.



Strategies to Consider



Be a
Champion
for getting
the Proper
Diagnosis!

Did You Know

- None of the pharmacologic/medication treatments available today for Alzheimer's Dementia slow or stop the fatal damage of the neurons
- **No drugs are specifically approved by the FDA to treat behavioral & psychiatric symptoms that may develop within the moderate & severe stages of Alzheimer's disease**
- Some Doctors will prescribe antipsychotics to treat hallucinations, aggression and/or agitation
- HOWEVER, this decision should come with **extreme** caution as the FDA has ordered manufacturers to label these drugs with a **'black box warning'** about the deadly risks. And a reminder they are NOT approved options to treat Dementia symptoms



Did You Know



There are **REVERSIBLE**
Dementia Symptoms??

Symptoms That are NOT Dementia

- Some individuals have Dementia-like symptoms without the progressive brain changes of Alzheimer's or other degenerative brain diseases
- Causes of Dementia-like symptoms include:
 - ✓ Depression
 - ✓ Untreated sleep apnea
 - ✓ Delirium
 - ✓ Side effects of medications
 - ✓ Dehydration
 - ✓ Certain vitamin deficiencies
 - ✓ Excessive alcohol consumption
- Unlike Alzheimer's and other Dementias these conditions often may be reversed with treatment



Depression is a serious health problem in older adults.

60-80% of individuals with Dementia also have depression

- **Geriatric depression** may be associated with devastating outcomes such as: **falls, sleep disorders, cognitive deficiency, malnutrition & increased risk of mortality**
- Depression in advanced ages might be the initial sign of other diseases

Communication

**Do You
Speak**

Dementia?

It's a Challenge to Communicate When You Don't Speak the Same Language



For those living with Dementia

in time, Dementia will impact their ability to communicate with us in the traditional ways. They may speak in words we don't understand. They may make noises instead or lose the ability to speak entirely.

Therefore, We Must Learn to Speak 'Dementia'

- When we know our residents/person well; we can understand what they are saying, even when we don't understand their words
- We can tell if they are in pain; by the way they walk, move or by the expression on their face
- We can tell if they are happy; when they laugh and smile
- We can tell if they are frustrated; by their actions and reactions
- Even if they don't speak in full sentences or perhaps 'jumble' their words; we **pay attention to their body language...and UNDERSTAND**

We Recognize the 'Clues' & Figure It Out



Hungry/Thirsty Clues

- Wandering/Pacing
- Tugging/Pulling on their clothing
- Excessive Dry Mouth
- Smacking of Lips/
Repetitive Chewing Motion
- Repetitive questions; asking when the next meal is served



Clues for Emotional Pain

- Increased Confusion
or Disorientation
- Exit Seeking /
Wandering
- Resistance to Care
- Sadness / Depression
- Withdrawn / Not as
Responsive
- Increase in Agitation
- Crying Outbursts



Clues for Physical Pain

- Behavioral Changes
- Facial Expressions.
(Frowning, Grimacing,
Frightened)
- Resistance to Care
- Crying or Shouting
- Exit Seeking/Wandering
- Calling out for Help



I have Dementia.
I may snooze in the middle of the day.
I may respond in an unusual way.
I ask you to try very hard to see
this is my new reality.
Live in my moments, the ones that remain
Focus on ME, not my fading brain.



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Destination Outings!





But Ellen – our residents LOOOOOVE BINGO!



My response – are you offering them options like these to choose from?



Meet Jim





Be the change
YOU WISH
to see in the
WORLD



Thank You!

FIND



FOLLOW



LEARN



