

Dementia Twenty-Four Seven Simulation Activities Program

Dementia Twenty-Four Seven is a simulation program designed to imitate what it feels like to be frustrated, confused, isolated, and lost. Participants who complete the experience will be able to

- Describe some of the cognitive challenges experienced by people with dementia.
- Use newly developed empathy in the care of patients with dementia.

The complete program includes a large-group introduction, five small group/partner simulation activities, and a large-group debriefing. Simulation activities are approximately 15 minutes in length.

- *The Day Begins: Confusion & Frustration*
- *A Visit to the Doctor: Stigma & Isolation*
- *A Family Gathering: Communication & Language*
- *Losing Myself: Memory Loss & Forgetfulness*
- *Losing Control: Dependency & Despair*

The total recommended program time is two hours. The program is customizable and flexible, however, allowing for selection of fewer than five activities and a shorter time commitment.

A possible one-hour simulation:

- Introduction (10 minutes)
- Simulation Activities (35 minutes); 2-3 pre-selected activities, depending on group sizes
- Debriefing (15 minutes)

Additional scenarios are available.

Appropriate Audiences: Medical students / Graduate Students / Nurses / CNAs & CMAs / Physical Therapists / Occupational Therapists / Social Workers / EMS Personnel / Other First Responders / Community Groups / Hospice Volunteers / Aging Services Staff / Therapists & Counselors / Clergy, and other professionals who currently work with or plan to work with older adults in the future.

Dementia Twenty-Four Seven is an evidenced-based Curriculum of the Oklahoma Geriatric Education Center at the Donald W. Reynolds Department of Geriatric Medicine, University of Oklahoma Health Sciences Center. The program was designed by a team composed of experts in geriatric medicine, neurology, psychology, gerontology and education with input from the Alzheimer's Association, Oklahoma/Arkansas Chapter.

Simulations are facilitated by Chris Damon, Executive Director of CareSmart Illinois. Her professional experience in dementia care includes work as a national trainer for Dementia Care Specialists, an Alzheimer's Association support group facilitator, an adult day program director, and as a local presenter on dementia including Dementia Awareness for first responders, professionals, and local businesses. Chris is a three-time family elder caregiver with Masters' degrees in Adult Education and Gerontology.

Specific Simulation Objectives

The Day Begins: morning scenario focuses on the challenges of ADL activities such as dressing, grooming, and hygiene	After this exercise the learner should be able to 1. Describe their feelings of frustration over their inability to accomplish routine tasks 2. Describe their feelings of confusion when familiar objects appear unfamiliar 3. Explain how care provision can be modified for those living with dementia
A Visit to the Doctor: physician office scenario focuses on feelings associated with being excluded from important discussions and decisions	After this exercise the learner should be able to 1. Discuss factors that contribute to isolation of persons with dementia 2. Discuss how the stigma associated with diagnosis of dementia can adversely impact the person's quality of life
A Family Gathering: family conversation scenario focuses on the communication challenges faced by a person with dementia <u>and</u> family members	After this exercise the learner should be able to 1. Express the frustration encountered when a person's ability to verbalize is limited 2. Discuss the confusion experienced in trying to understand a person with language impairment
Losing Myself: family photo scenario focuses on the fear of forgetting	After this exercise the learner should be able to 1. Discuss feelings of confusion and fear caused by their inability to recognize loved ones 2. Describe feeling of loss experienced when memories of loved ones diminish
Losing Control: control scenarios focus on loss of IADL capabilities such as driving and managing finances	After this exercise the learner should be able to 1. Discuss feelings of dependency involved with the loss of meaningful activities 2. Describe their ability to empathize with their patients' feelings of depression and despair

For additional information and/or to schedule a simulation activity, please contact

Chris Damon, Executive Director

CareSmart Illinois

847-596-8226

chris@caresmart.org