

## Lacks Understanding of Dementia

<p><b>Identify the Problem</b></p>	<p><b>PROBLEM:</b> Lacks Understanding of Dementia</p> <p><b>GOAL/EXPECTED OUTCOME:</b> To increase understanding of the nature, symptoms, and course of dementia</p>
<p><b>Educate Yourself</b></p>	<p><b>ASSESS FURTHER:</b></p> <ul style="list-style-type: none"> <li>• What is the caregiver’s understanding of Alzheimer’s disease and dementia?</li> <li>• What would the caregiver like to know more about?</li> <li>• Is the caregiver frustrated because he/she does not understand the disease or the symptoms of the disease?</li> <li>• Does the caregiver feel confused or “stuck” about what to do in challenging situations?</li> <li>• If refusal of care is occurring, does the caregiver understand it is a part of the disease process?</li> <li>• Is the caregiver worried?</li> <li>• Is the caregiver in denial?</li> <li>• Are there cultural barriers to the caregiver’s understanding of the disease?</li> </ul>
<p><b>Adapt</b></p> <p>Problem solve with interventions and actions</p>	<p><b>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</b></p> <ul style="list-style-type: none"> <li>• Learn effective communication strategies</li> <li>• Learn how to use the <i>IDEA!</i> strategy to manage challenging behaviors</li> <li>• Learn about potential safety concerns</li> </ul> <p><b>CLINICAL SUPPORT:</b></p> <ul style="list-style-type: none"> <li>• Refer to PCP, nurse and/or social worker for disease education: <ul style="list-style-type: none"> <li>○ Nature of disease</li> <li>○ Symptoms, course of disease, and changes that may occur</li> <li>○ What to expect in terms of treatment and recommendations</li> <li>○ Care recommendations</li> </ul> </li> </ul> <p><b>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to Alzheimer’s Association for education programs</li> <li>• Refer to Alzheimer’s Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> <li>○ ALZ Direct Connect referral</li> <li>○ Provide 24/7 Helpline #: 844.HELP.ALZ   844.4357.259</li> <li>○ Website: www.alzgl.org</li> </ul> </li> <li>• Local Community Resources: _____</li> <li>• Send literature: <ul style="list-style-type: none"> <li>○ Topic Sheet – “What is Alzheimer’s Disease?”</li> </ul> </li> </ul>

	<p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"><li>• Schedule a phone call with caregiver to discuss outcomes and provide additional support</li></ul>
	<p><b><u>NOTES:</u></b></p> <hr/> <hr/> <hr/> <hr/>