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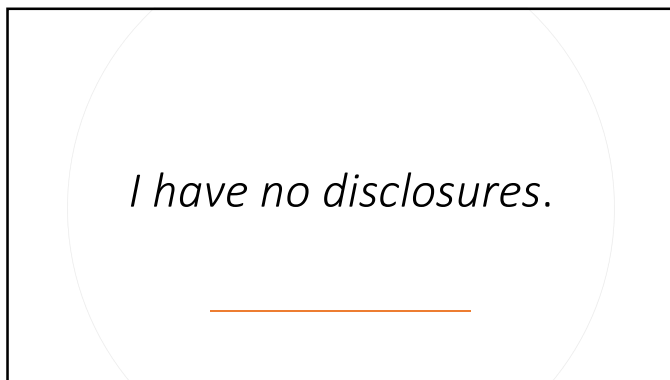
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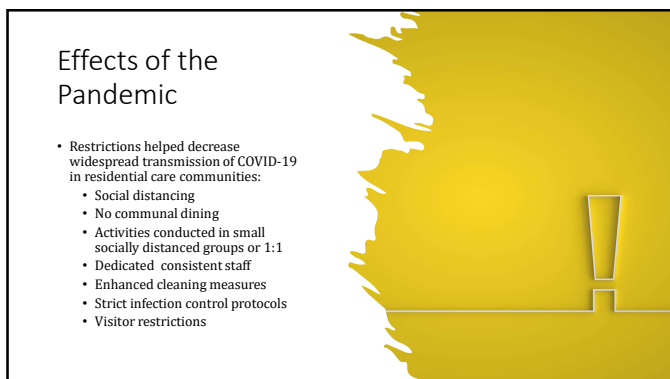
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### But at what cost?

Negative clinical and psychosocial outcomes due to subsequent social isolation, lack of touch and limited interaction with family and friends

Residents in a Japanese Continuing Care Retirement Community were noted to decrease time spent walking following cancellation of all in-community events and this continued to decrease over the quarantine period.

Another study including long term care communities reported that residents *without* cognitive impairment were more affected than those with cognitive impairment in terms of experiencing loneliness, depression and other behavioral problems. For residents *with* cognitive impairment there may be comfort associated with ongoing interaction with regular staff but increased confusion and concern seeing these individuals with masks and shields.

Given that evidence suggests the best ways to optimize cognition and physical function, and minimize behavioral symptoms among older adults with dementia are through positive social interactions and motivation-based approaches, it is likely that COVID-19 restrictions have had a negative impact on residents with dementia.

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### Feelings Caused by Dementia

- Loss
- Isolation and Loneliness
- Sadness
- Confusion
- Worry and Anxiety
- Frustration
- Fear and Paranoia
- Anger
- Embarrassment

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### Lessons from Covid




Being in the moment



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Socialization is necessary



Relationship centered  
Care is essential

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The memory loss and confusion that come with dementia make it difficult for persons to take part in activities without our support.

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## The Purpose of Activities and Engagement

- To socialize and strengthen relationships
- To be productive
- To experience success
- To play
- To build and retain skills
- To have a sense of control
- To fulfill a spiritual need
- To experience growth and learning

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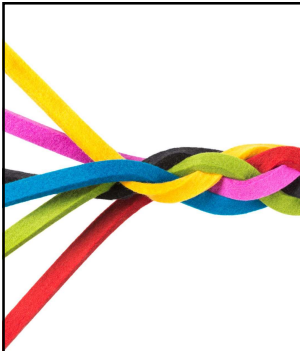
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## A New View of Activities



- Traditional activity programs are *structured activities* from the activity calendar
- Activities that take only a few seconds are *unstructured* and can be very rewarding
  - Exchanging a smile
  - Calling a person by his or her preferred name
  - Giving a compliment
- Daily life is an activity
  - Little moments with friends build relationships (talking, laughing, community involvement, going places, and doing things together).

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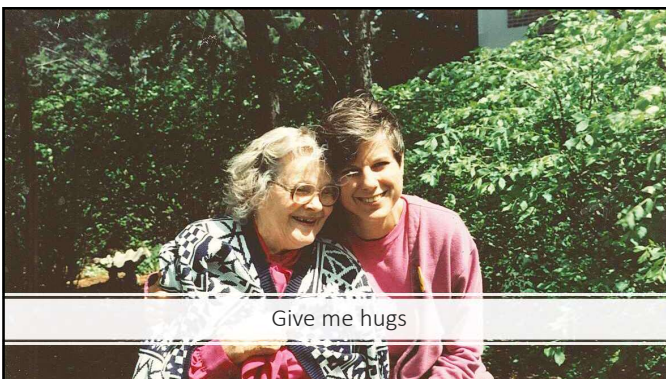
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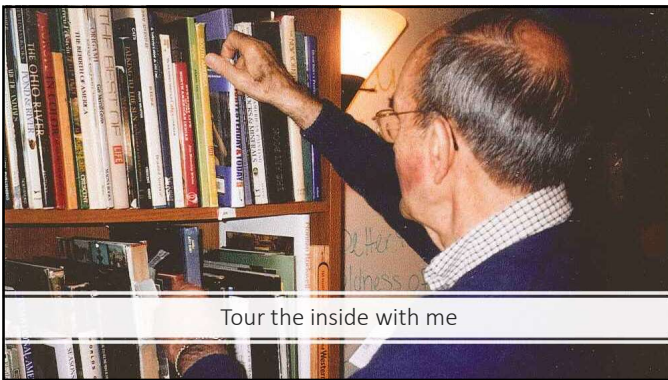
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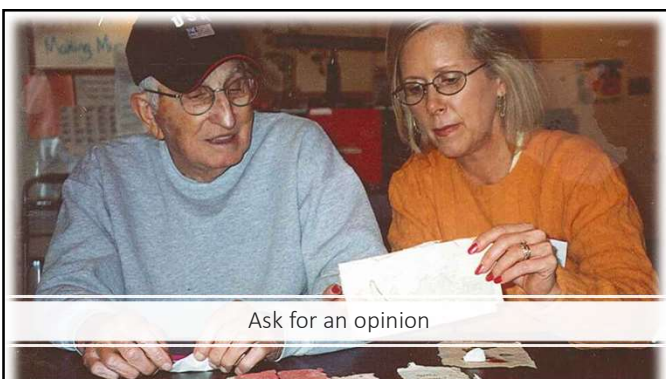
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Let me show you

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Look out the window with me

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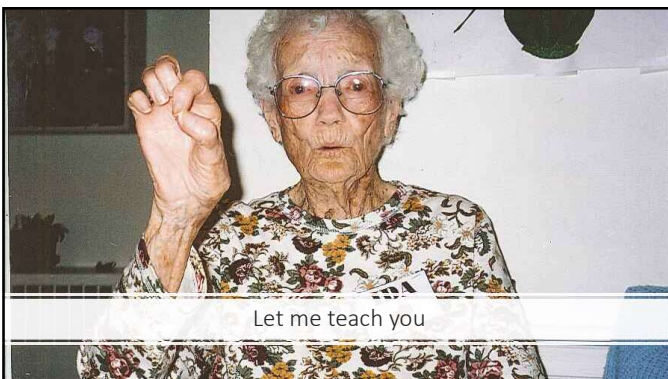
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Let me teach you

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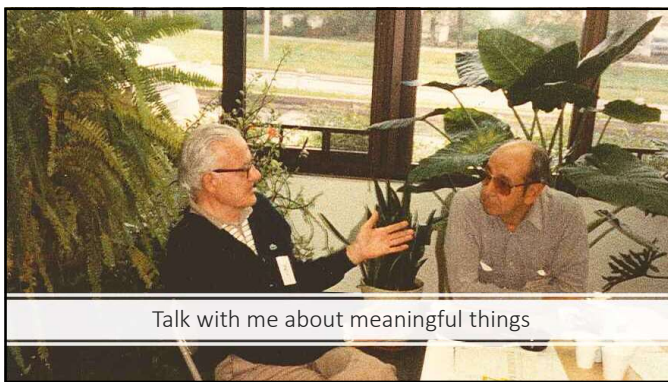
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### Redefining Activities

We can make more out of our traditional activities:

- **Bingo** can be a time to share some life stories.
- **Trivia** can be an opportunity for a friendly debate or discussion.
- An **ice cream social** can be an opportunity to vote on a favorite flavor.
- An **art project** can be a gift for children or grandchildren.
- We can pause during a **crossword puzzle** to discuss recipes or places individuals have traveled.

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## Activity tips— Nostalgic pictures

- Start a conversation: "What do you like best about your hometown, San Francisco?"
- Enjoy an old saying: "The coldest winter I ever spent was a summer in San Francisco" (Mark Twain)
- Reminisce about cable cars

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## Activity tips—Music

Music is "the language of Alzheimer's"

- Sing-a-longs
- Evening concerts
- Old movie musicals (turn on subtitles)
- Community concerts/entertainers
- Anchor songs throughout the day ("Hail, Hail! The Gang's All Here")

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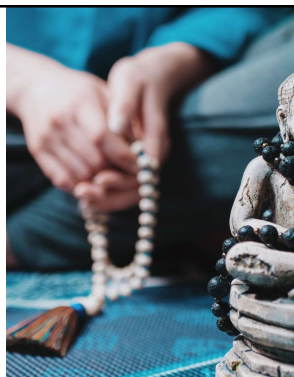
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## More activity tips

- Exercise twice a day
  - Chair yoga
  - Tai Chi
  - Thera-bands®
  - Walks
- Look for activities that work for all stages—collage!
- Include spiritual activities that involve
  - Nature
  - The arts
  - Helping others
  - Religious-themed activities (gospel, hymns, sacred readings)



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## Re-engage The Community

- Families
- Volunteer Groups
  - Churches
  - Scouts
  - Universities/Schools
  - Civic groups



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## REVIEW

It is critically important to initiate activities with the people we care for. This is how we build a relationship of trust and comfort.

People with dementia still have the desire to enjoy activity and be with others.

Create an interesting and meaningful day for persons with dementia with formal activities listed on the calendar *and* with unstructured activities—many of which may only take 30 seconds.

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## REVIEW

Activities can reduce challenging behavior and can increase cooperation and good feelings.

Activities of daily living should be considered opportunities for meaningful interaction and not simply tasks to be accomplished.

Pay close attention to the opportunities in every interaction for helping the person to feel loved and connected.

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Changing the outcome

Loss	→	Fulfillment
Isolation & Loneliness	→	Connection
Sadness	→	Cheerfulness
Confusion	→	Orientation
Worry/Anxiety	→	Contentment
Frustration	→	Peacefulness
Fear	→	Security
Paranoia	→	Trust
Anger	→	Calm
Embarrassment	→	Confidence

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You can *see* the difference!

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You can *feel* the difference!

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Resources

- The Best Friends Approach to Dementia Care by Virginia Bell and David Troxel. Health Professions Press, 2016.
- Bestfriendsapproach.com
- Cdc.gov

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Questions?

Thank you!

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