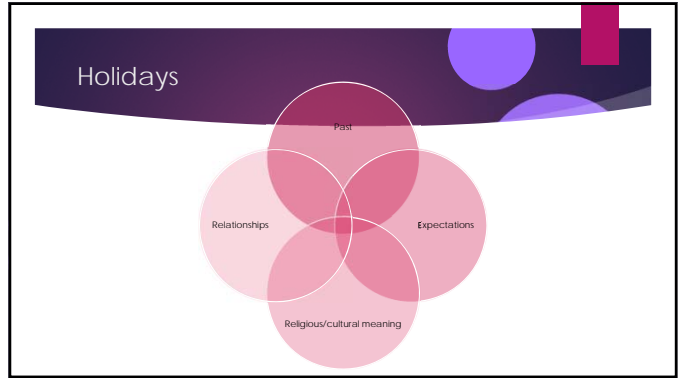


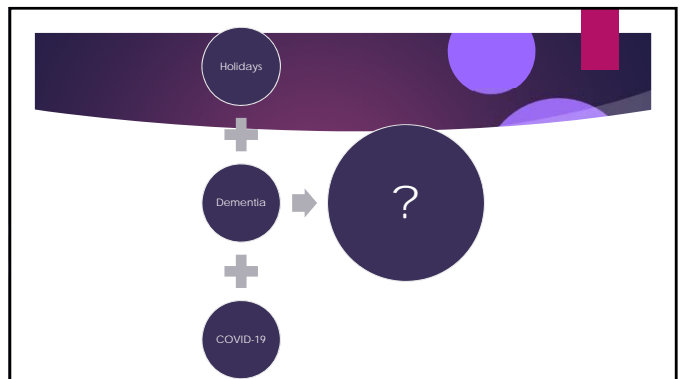
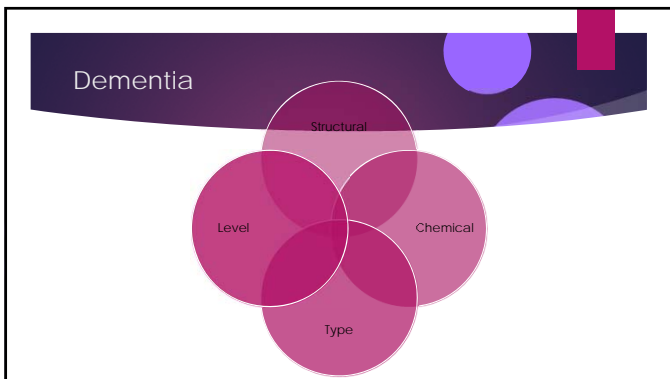
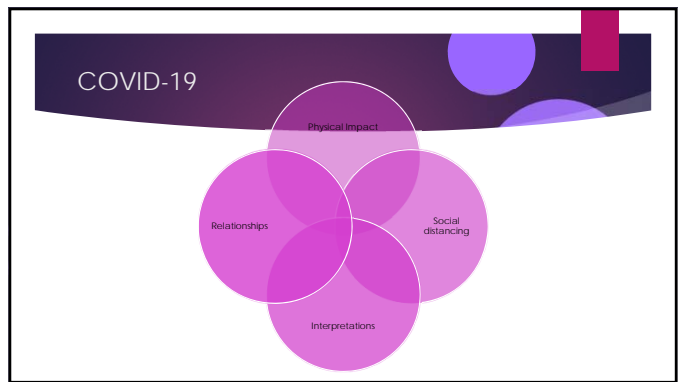
Caring and Coping: During the Holidays & COVID-19

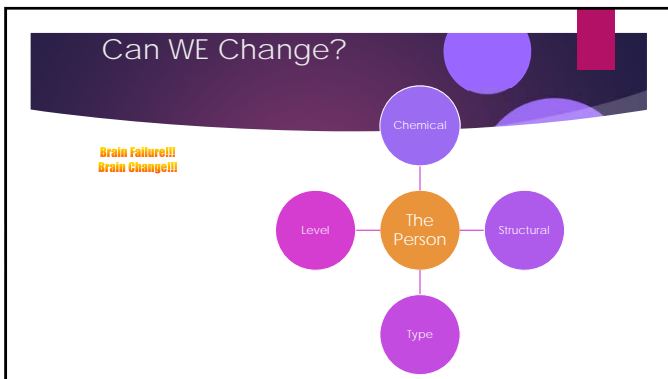
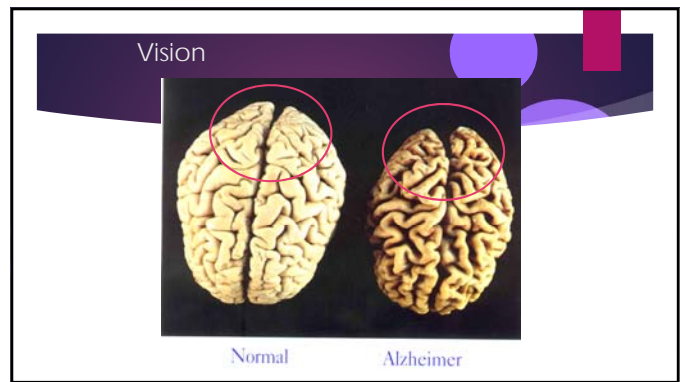
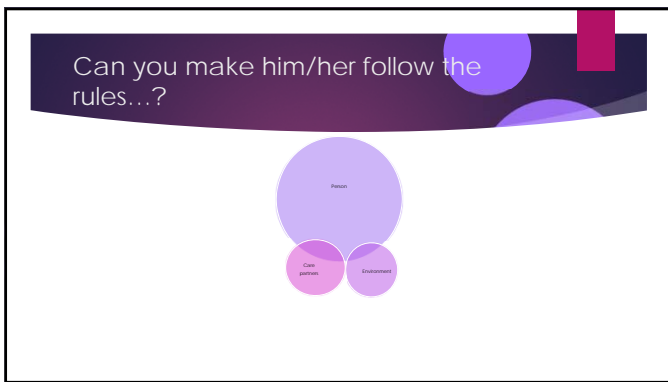
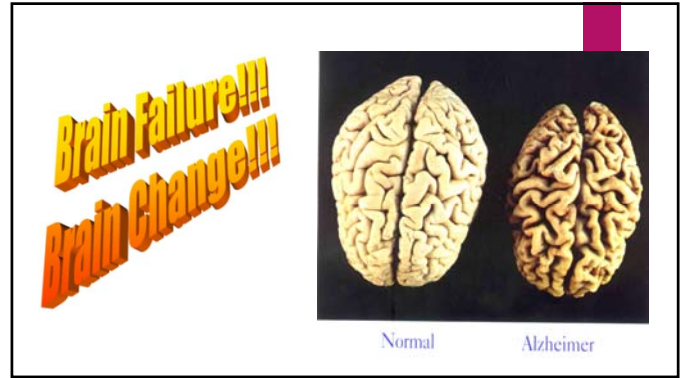
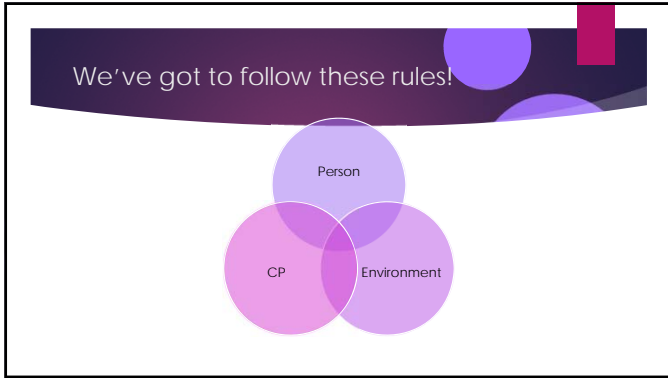
MELANIE BUNN, RN, MS
MELANIE.BUNN@YAHOO.COM

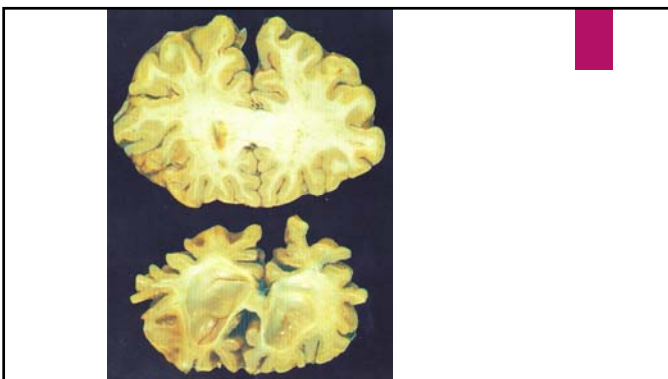
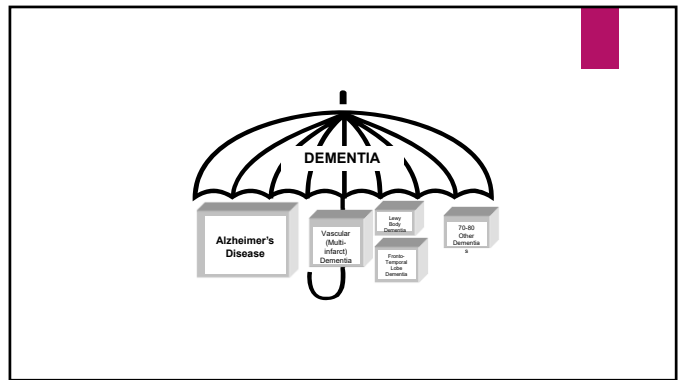
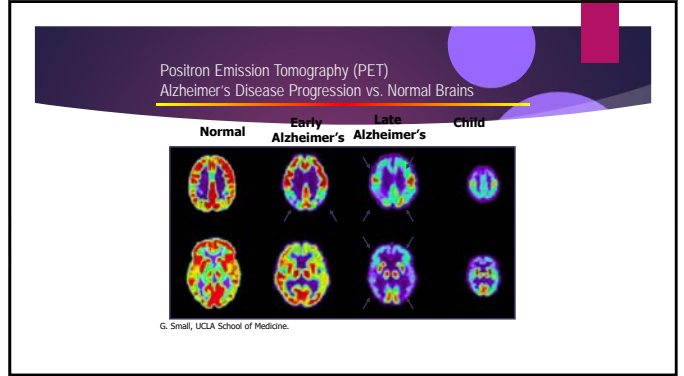


Complicated

- Holidays
- Holidays
- Holidays
- Holidays








GEMS approach (Snow, Allen)
Understanding the model
All people with dementia are precious
Levels might change depending on situation
Emphasis on what people *can* do...
not just what they can't do

GEMS (Bunn mod)

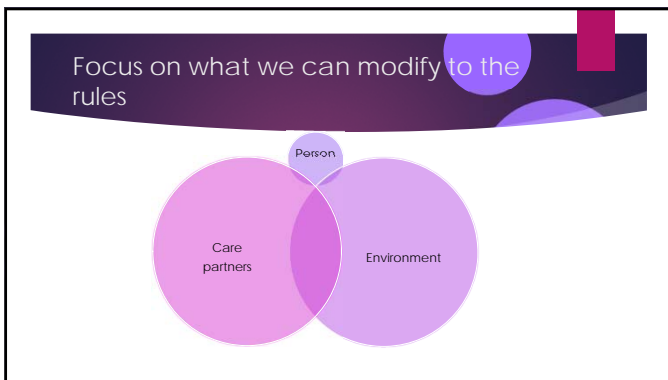
- ▶ Living Life
 - ▶ Living in the Present
 - ▶ Living in the Past
 - ▶ Living in the Moment
 - ▶ Living in the Movement
 - ▶ Living Inside
- ▶ Sapphire
- ▶ Diamond
- ▶ Emerald
- ▶ Amber
- ▶ Ruby
- ▶ Pearl




How we organize space



This photo by Unknown Author is licensed under CC BY-NC-ND.



What we expect people to do!



Environment:
Focus on what we WANT

Care Partners:
Educate/Practice
Support/Resources

Educate/Practice

- ▶ What to expect from the rules
- ▶ What to expect from you
- ▶ What to expect from the PLwD
- ▶ What to expect from themselves


▶ SPECIAL FOCUS

- ▶ Coming in
- ▶ Leaving

Support/Resources: Connect Emotionally


- ▶ Accept and validate the feelings instead of trying to negate or "comfort"
- ▶ Listen before you explain
- ▶ Be prepared to support through grief and loss
- ▶ Even/especially when it isn't your fault

- ▶ Resources for
 - ▶ Who can make change
 - ▶ More information
 - ▶ Ongoing support



Educate/Practice: Connecting Emotionally


- ▶ Accept and validate the feelings instead of trying to negate or "comfort"
- ▶ Listen before you explain
- ▶ Be prepared to support through grief and loss
- ▶ Even/especially when it isn't your fault



PEACE

- E Empathize
- A Adjust
- C Capture
- E Enjoy


Melanie Bunn, RN, MS



Empathetic Communication

Meet them where they are

- ▶ "Seems like", "feels like"
- ▶ Don't be afraid to talk about feelings
- ▶ Get more information
 - ▶ "Tell me about..."
 - ▶ Repeat words and phrases
 - ▶ Move to remembering
- ▶ Move from talking to doing
 - ▶ "Could you help me?"
 - ▶ "Would you try?"
 - ▶ Related to topic
 - ▶ Familiar and positive



PRIORITIZE

- ▶ What are your family traditions?
 - ▶ Which of these are the most important?
 - ▶ Which are the most meaningful?
- ▶ Which traditions were most meaningful to the person with dementia?
 - ▶ Recent traditions
 - ▶ Traditions from the past (young adult, childhood)
 - ▶ Specifically, which parts?

EMPATHIZE

- If you had never been part of this before, what would it seem like to you?
 - See/Hear
 - Beautiful? Familiar
- What could it look like through the eyes (and brain) of the person with dementia?
 - Changes in routine
 - Changes in environment
 - Changes in hearing
 - Changes in vision

CAPTURE

- ▶ Encourage reminiscence & storytelling
- ▶ Record the memories
 - ▶ Candid multigenerational photos
 - ▶ Video or audiotape
- ▶ Use props (pictures, food, decorations)



ENJOY

- ▶ Be a "Mary" not a "Martha"
- ▶ Find joy in the present
- ▶ The experience might not be like it used to be, but you can still find the magical moments.

ADJUST

- ▶ How can plans be modified or simplified?
 - ▶ Change the time (best time of day)
 - ▶ Change the people (number at the same time)
- ▶ Watch for signs of distress
- ▶ Be prepared to help the person with dementia find a quiet place to relax and recover

For all of us

- ▶ Keep routine, without loss of uniqueness of the holiday
- ▶ Let go of being "right" (cranberry sauce)
- ▶ Go with the flow
- ▶ Think and decide...including feelings and emotions

COVID-19

- ▶ Not going to be the same
- ▶ But it never is
- ▶ Focus on the family, festivities, faith
- ▶ Make some memories!

If you're grieving

- ▶ Holidays can be especially difficult
- ▶ Be patient with yourself
- ▶ Find support in comforting rituals and people
- ▶ Do what's right for you

*Sometimes
you will never know the value
of a moment
until it becomes a memory.*

Dr. Seuss