Defining Quality Care: Dementia Care Practice Recommendations

Quality Care: History
- Guidelines for Dignity
- Key Elements of Dementia Care
- Dementia Care Practice Recommendations

Quality Care: Today
- Evidence-based practices
- 56 recommendations by 27 expert authors
- Applicable to various care settings and throughout the disease continuum
- Published as a supplement to Feb 2018 issue of The Gerontologist
- Foundation for quality person-centered care

Dementia Care Practice Recommendations
- Person-Centered Focus
- Detection and Diagnosis
- Medical Management
- Supportive and Therapeutic Environment
- Ongoing Care for BPSD and Support for ADLs
- Medical and Care Planning
**PERSON CENTERED FOCUS**

- Know the person
- Person’s reality
- Meaningful engagement
- Authentic, caring relationship
- Supportive community
- Evaluation of care practices

**Recommendations**

**Know the person living with dementia**
- Gather knowledge of the person (past and present) in assessment
- Include the individual, family and friends
- Include knowledge of the person in care plan and re-assessment
- Share knowledge of person with all staff

**Opportunities for meaningful engagement**
- Create a supportive environment
- Look beyond traditional and planned activities
- Educate staff on individual opportunities
- Educate staff on how every interaction can become an activity

**Group Discussion**

How do you “know the person living with dementia” in your care community?
Audience Poll
Do you include the person living with dementia in care planning? Yes or No

Detection and Diagnosis
- Information about brain health and cognitive aging
- Signs and symptoms of cognitive impairment
- Concerns, observation and changes
- Routine procedures for assessment and referral
- Brief mental status test when appropriate
- Diagnostic evaluation follow-through
- Better understanding of diagnosis

Assessment and Care Planning
- Regular, comprehensive, person-centered assessments and timely interim assessments
- Information gathering, relationship building, education and support
- Collaborative, team approach
- Accessible documentation and communication systems
- Advance planning

Medical Management
- Holistic, person-centered approach
- Role of medical providers
- Common comorbidities of aging
- Non-pharmacologic interventions
- Pharmacological interventions when necessary
- Person-centered plan for possible medical and social crises
- End-of-life care discussions
INFORMATION, EDUCATION AND SUPPORT

- Preparation for the future
- Work together and plan together
- Culturally sensitive programs
- Education, information and support during transition
- Technology to reach more families

ACTIVITIES OF DAILY LIVING

- Support for ADL function
- Person-centered care practices
- Dressing — dignity, respect, choice; process; environment
- Toileting — also health and biological considerations
- Eating — also adaptations and nutrients; food, beverage and appetite

DEMENTIA-RELATED BEHAVIORS

- Social and physical environmental triggers
- Non-pharmacological practices
- Investment for implementation
- Protocols
- Evaluation of effectiveness

WORKFORCE

- Orientation and training, and ongoing training
- Person-centered information systems
- Teamwork and interdepartmental/interdisciplinary collaboration
- Caring and supportive leadership team
- Relationships
- Continuous improvement
Perspectives from individuals living with dementia

- Encourage early detection and diagnosis
- Share appropriate information and education
- Get to know the person
- Maximize independence
- Practice patience and compassion
- Personalize care to meet individual needs and preferences
- Adjust care approaches to reflect day-to-day needs and abilities
- Provide ongoing opportunities for engagement that have meaning and purpose
- Ensure coordination among those who provide care
- Train staff on the most current disease information and practice strategies
- Inform and include the individual in new interventions as appropriate
- Create a safe and supportive environment that reflects the person
Putting It All Together

- Develop a plan
- Create short and long term goals
- Include staff
- Take small steps
- Get help if needed
- Build support
- Recognize and celebrate accomplishments

Things Happening in Maine

- Healthy Brain Initiative (HBI) York County Task Force
- Maine Partnership to Improve Dementia Care in Nursing Homes
- Legislation around quality care
- Community Educators/Support Groups throughout the state
- Project ECHO
- And MORE...

Next Steps: Get Involved

- In-person and online programs and services
- Curriculum review and essential ALZ certification
- alz.org/qualitycare

Questions?

alzheimer's association
We're here. All day, every day.
24/7 Helpline: 800.272.3900
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