

- A patient can become calm by interacting with people they recognise. By engaging in hobbies e.g., drawing, knitting, reading...

## Conclusion

We are all fragile human being, fragile egos in some respect. Very few people are so secure in themselves and their self-esteem that they can do without others, but we are all people with certain strengths and certain limitations.

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## The Patient's Guide to Dementia



# Dementia Misunderstood?

## What is Dementia?

Older people with dementia are a group of people with a terminal illness of the brain that progresses slowly over a long period of time. They tend to share a range of similar disabilities that may appear in different ways based on each person's individuality and life history.

## Common behaviour of people with dementia.

- Emotional outbursts
- Wandering
- Aggressiveness
- Repetition
- Incontinence

## How to cope with Patient behaviour.

- Address the person by name frequently.
- Keep sentences short and simple.

- Ask one question at a time avoid multiple questions.
- Give them time to respond to questions.
- Use nouns (Chair, table), instead of pronouns (it, there).
- Accompany speech with gestures.
- Avoid empty and negative instructions such as “don't do that”; “don't go there”.
- Attempt to empathise with the patient and to decipher his/her messages.
- Value the affected person, his/her remarks and behaviour by mirroring them: name emotions and confirm him/her in such aspects.

People with dementia can be over or under stimulated by the surrounding environment, look around you and see what could change a patient's behaviour in your area.

A patient could become very agitated by:

- T.V's/ Radios
- Bright lights
- Too many people
- People stopping the patient and telling them to SIT down