

Tips & Tricks.... Falls Prevention in Dementia

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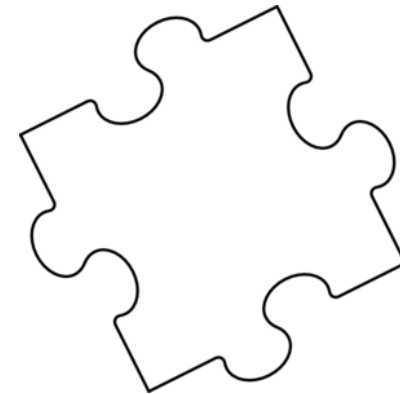
***Psychogeriatric Resource Consultants
North Simcoe Muskoka***

Mandate:

Education

Capacity Building

Consultation



Sectors:

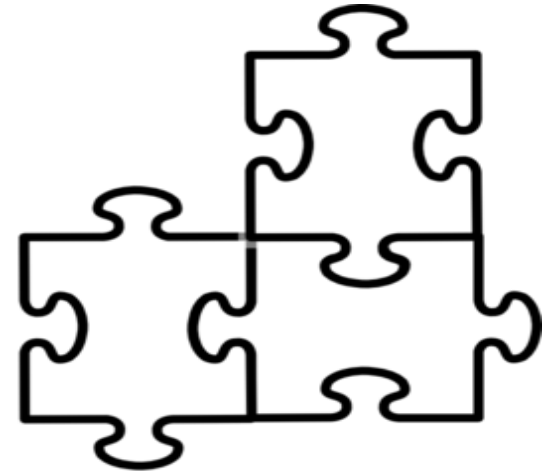
Community and Long Term Care

*Psychogeriatric Resource Consultants (PRC's),
who do we support.....*

PRC's support **staff**, to optimize the care team's response to seniors with complex physical, cognitive, and mental health needs.

Behavioural change...bringing it into focus for formal caregivers....

**** Reframing behaviours as 'Responsive Behaviours'.....what is the unmet need?***



Dementia Prevalence > age 65

World Wide

2015: 47.5 Million people living with Dementia.

2030: 75.6 million people.

Canada:

2011: 747,000

2031: 1.4 million

Ontario:

2015: 200,000

2020: 250,000

North Simcoe Muskoka:

2012: 7600 people

2020: 10,300

1. WHO Dementia Fact Sheet, 2015.
2. Dementia Evidence Brief, Alzheimer's Society of Ontario, 2012
3. Alzheimer's Society of Canada

Dementia...

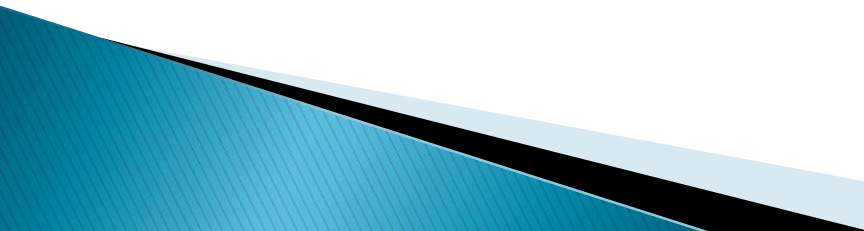


- ▶ Dementia.....not just one disease.
- ▶ Degenerative and progressive
 - Complexity of dementia is compounded by loss and health status.

“In Ontario, more than 90% of community dwelling seniors with dementia are living with two or more co-existing chronic medical conditions.”

“Nearly three times more likely to experience fall-related emergency room visits .”

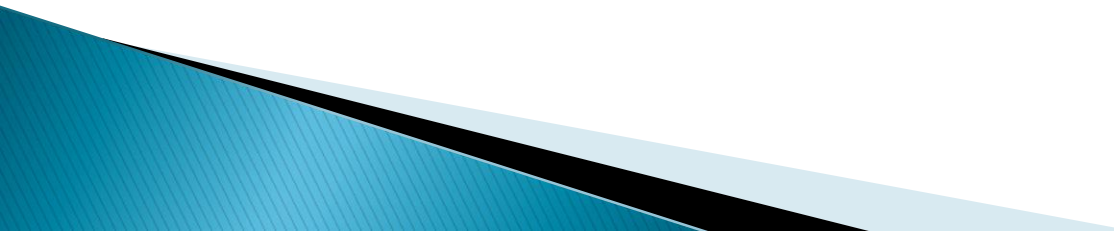
(Dementia Amidst Complexity: Evidence from Ontario. Alzheimer's Society of Ontario, 2012.)



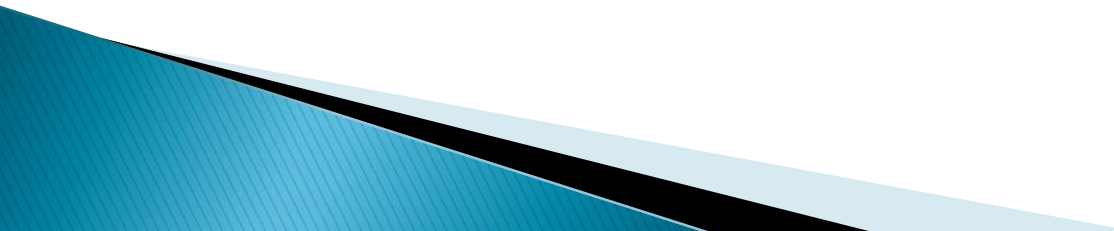
- ▶ “Annual fall risk incidence 70–80%...twice that of cognitively well people.” (Tinetti et al, as cited in Shaw, 2007)
 - Dementia causes ‘destabilizing’ effects on individuals living with these disease.
 - Need an individualized approach to understanding.....
 - As we age, prevalence of both dementia and falls increases with each decade of life.

(Shaw ,2007)

Psychogeriatric approach

- ▶ Use a comprehensive team based approach, regardless of where the person resides.
 - ▶ Need to understand the causality of what has changed for the person.
 - ▶ Promote enhancing the quality of life for the person and understand where they are at in their disease continuum.
 - ▶ Multifaceted approaches and interventions.
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P.I.E.C.E.S.™

- ▶ Best practice and learning initiative.
 - ▶ Provides an approach to understanding and enhancing care.
 - ▶ Systematic approach.
 - ▶ Practical framework for assessment and supportive care strategies.
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P: PHYSICAL

Think..... *5D's*

- ▶ Drugs
 - ▶ Disability
 - ▶ Disease
 - ▶ Discomfort
 - ▶ Delirium
- 

I: INTELLECTUAL

Think of:

- The type of dementia
- Common losses seen in dementia – 7A's

- Amnesia

- Anosognosia

- Apraxia

- Agnosia

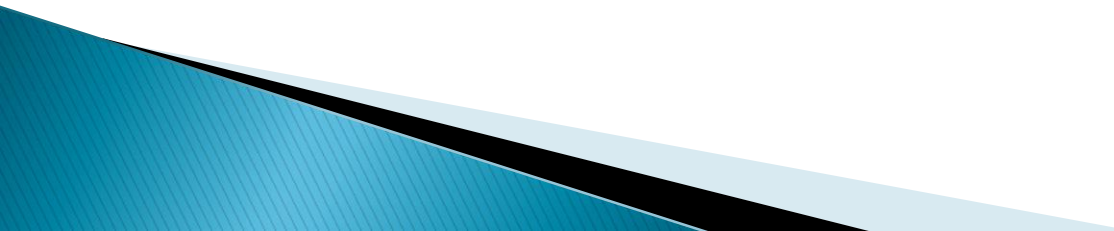
- Altered Perception

- Aphasia

- Apathy

E: EMOTIONAL

Think about the person's emotional well being?

- ▶ Loss
 - ▶ Adjustment
 - ▶ Mental illness
 - ▶ Spirituality.
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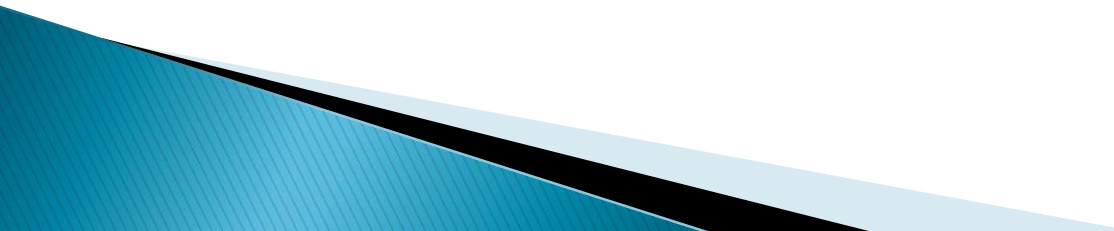
C: CAPABILITIES

Think about...the balance between the person's abilities and the demands placed on them...



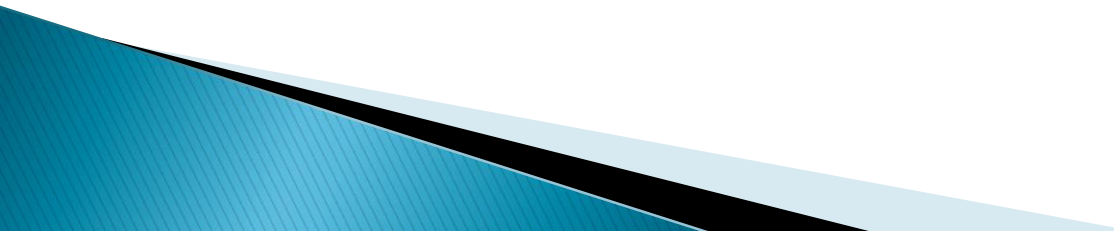
E: ENVIRONMENT

Think about the influence of the surroundings on this person's functioning.....

- ▶ Routine
 - ▶ Relocation
 - ▶ Noise and lighting
 - ▶ Colours
 - ▶ Over / under stimulation
- 

S: SOCIAL

Think about the impact of this person's current and past relationships and activities.

- ▶ Long held routines
 - ▶ Occupation
 - ▶ Leisure activities
 - ▶ Relationships
- 

Each individual you interact with is a unique combination of these factors....think P.I.E.C.E.S.!!





Tips or Tricks

- Each person's tips or tricks will be discovered within their P.I.E.C.E.S.
- Reinforce the need for a comprehensive approach to assessment.
- As health care professionals, understand the disease type.
- Use evidence based interventions / Best Practices .
- Constantly revisiting and reassessing throughout the disease continuum.

References and Resources

1. P.I.E.C.E.S Canada – Job Aid
<http://www.piecescanada.com/>
2. Shaw (2007), *Prevention of Falls in Older People with Dementia*. *Journal of Neural Transmission*. 114: 1259–1264.
3. Alzheimer's Society of *Dementia Amidst Complexity: Evidence from Ontario* (2012).
4. Muir, S. (2013). Falls and Dementia Webinar. Brainxchange.ca
<http://brainxchange.ca/Public/Events/Archived-Events/2013/Understanding-and-Preventing-Falls-in-Dementia.aspx>
5. Taylor, et al. (2012). *Managing Falls in Older Patients With Cognitive Impairment*. *Aging Health*. 8(6):573–588

Questions???

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