

Dementia integral

Some aspects of my research

Bettina Wichers

Gerontologist

Immanuel-Kant-Straße 12

D-37083 Göttingen

communicare@t-online.de

Four quadrants of Dementia

- Perceptions of dementia of all involved persons
- Insight in the changes
- Psychotrauma
- Biography, needs
- Spirituality

- Atrophy
- Molecular aspects, biomarker
- Behaviour, mobility, sleep
- Sexuality
- Communicative abilities
- Behaviour in tests and screenings

Dementia

- Cultural meaning of „Dementia“
- Relationships, marriage, grandparenthood
- Fictional literature, movies
- Dementia activists
- Ethical counseling
- Civic engagement

- Architectur of nursing homes
- Legal competence
- Health insurance
- Expert standards
- ICD 10/ ICD 11/ DSM 5
- Epidemiology

Perceptions of Dementia from inside (Zone 1)

- Blue: Something changed, I know. I feel ashamed. What will the others think about me? No, I can't meet them any longer.
- Red: What the hell is that? Why are they so stupid? I have changed? No, never, I'm fine! Stop that! I'm so furious!
- Purple: I don't understand – where am I? Who are they? I'm frightened. This person seems to be friendly. And there – is that Mummy?

Perceptions of Dementia from outside (Zone 2)

- This is crazy, totally crazy! He is doing that intentionally. I will not accept that, I will educate him!
- It is a real burden for the poor relatives. This must be a punishment by God! I feel embarrassed by the behaviour.
- It is the greatest burden for the economic systems worldwide. We have to organize the perfect caring economy.
- It is so terrible seeing this people suffering. I'm suffering with them. We have to be more caring, more empathic.

Some questions about the four faces of truth in the context of Dementia care

Truthfulness

- are caregivers and other employees empathic and authentic?
- People with dementia are able to express their needs
- Caregivers are practicing shadow work
- Caregivers are aware of their own needs and can differentiate and express them if necessary

Truth

- confirmed differential diagnosis?
- medical treatment updated?
- correct drugs for this type of dementia? (-> LR)

Justness

- cultural, gender, religious sensitive care?
- managers are role models for empathy, authenticity and positive regard?
- will caregivers take informations given by people with dementia as meaningful and valid?
- Awareness of ethical implications
- needs of dementia communities known to all employees?

Functional fit

- Architectur of care units fits the needs of people with dementia?
- Save environment - nontoxic plants e.g.?
- Enough space for wandering, free access to safe spaces outside and daylight?
- Salary of employees fits the demands of their job?
- Mandatory rest periods for staff guaranteed?