

Stimulating environment

Family and Societal Perspectives

(Neurology and medical care of neurodegenerative disorders)



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Learning Objectives

1. Describe the essential components of stimulating environment for an individual with NGD
2. Identify non-pharmacological approaches on caring for individual with NGD
3. Describe strategies on prevention of social isolation of individual with NGD



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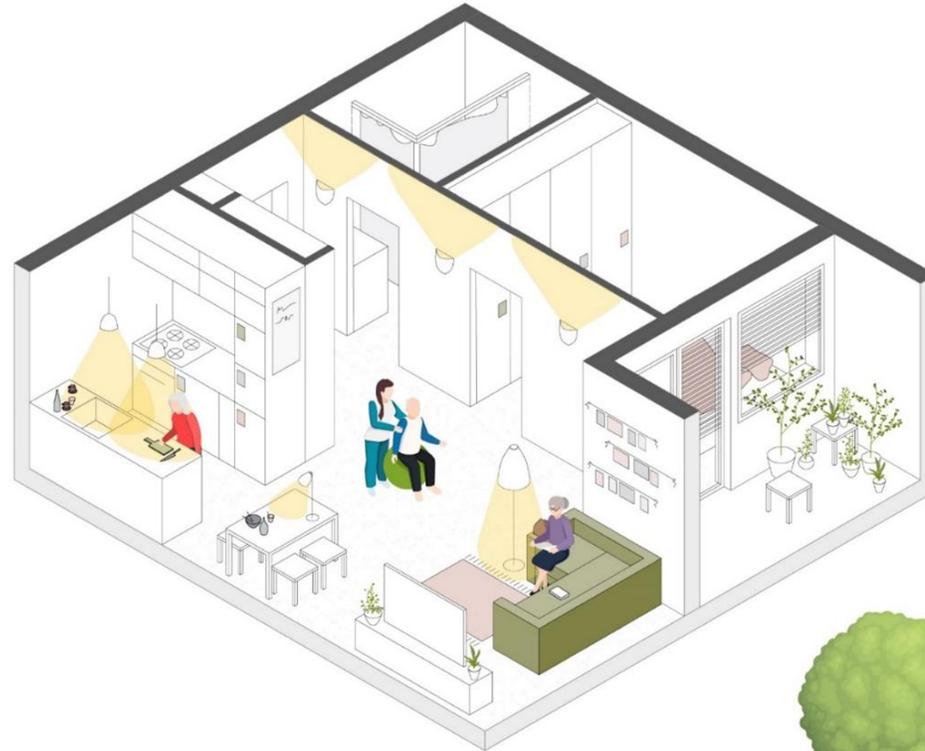


Content of the lecture

1. Introducing the concept of stimulating environment for quality of living for person with ND
2. Planning a stimulating environment (indoor and outdoor)
3. Spatial adjustments - security and active life
4. Non-pharmacological approaches (gardening, dancing, music, art, yoga, physical activities, animal assisted activities..).
5. Use of ICT devices
6. Preventing social isolation



What is stimulating environment?



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Social innovation is characterized on a:

- **Social problem** as the starting point
- An interest in finding novel solutions to this social problem
- The absence of a particular organizing model
- The benefits of solution distributed beyond the innovators (*Dodgson, Gann & Philips, 2014*)



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- The social innovation should bring about not only methods or models of practice but also changes in **attitudes, norms, values or even culture**, in addition to the sheer size or coverage the innovation (*Kuer, Kwok*)



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Conditions for social innovation

- Focus on social problems
- An interest in finding novel solutions to those social problems
- The absence of particular organizing model
- The benefits of solution distributed beyond the innovators (*Dodgson, Gann & Philips, 2014*)



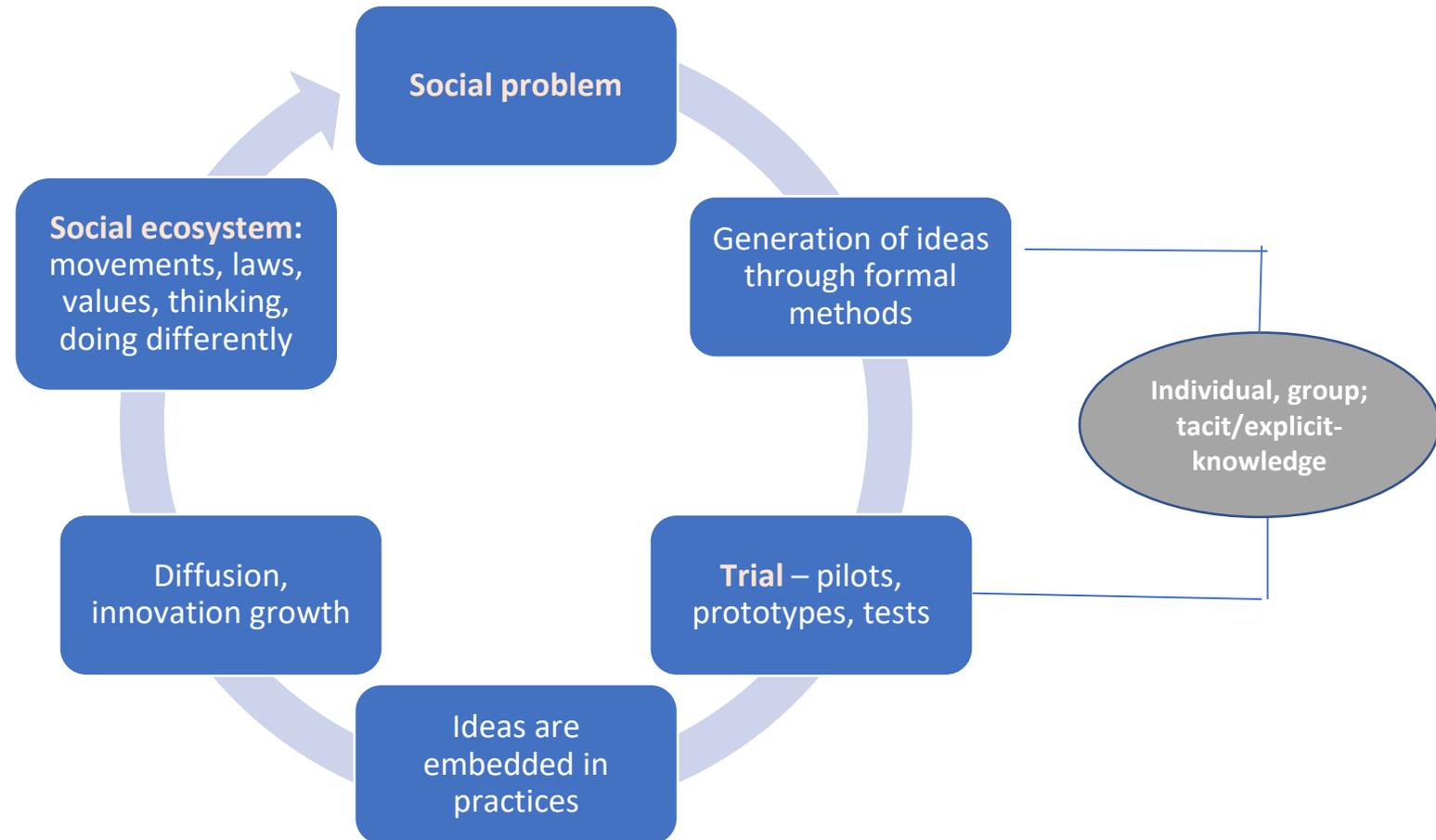
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Social innovation process



Field of social innovations

Personal growth

Responsibility

Processes in
society

Social problem

Politics, community

Relationship,
values, culture

Communication



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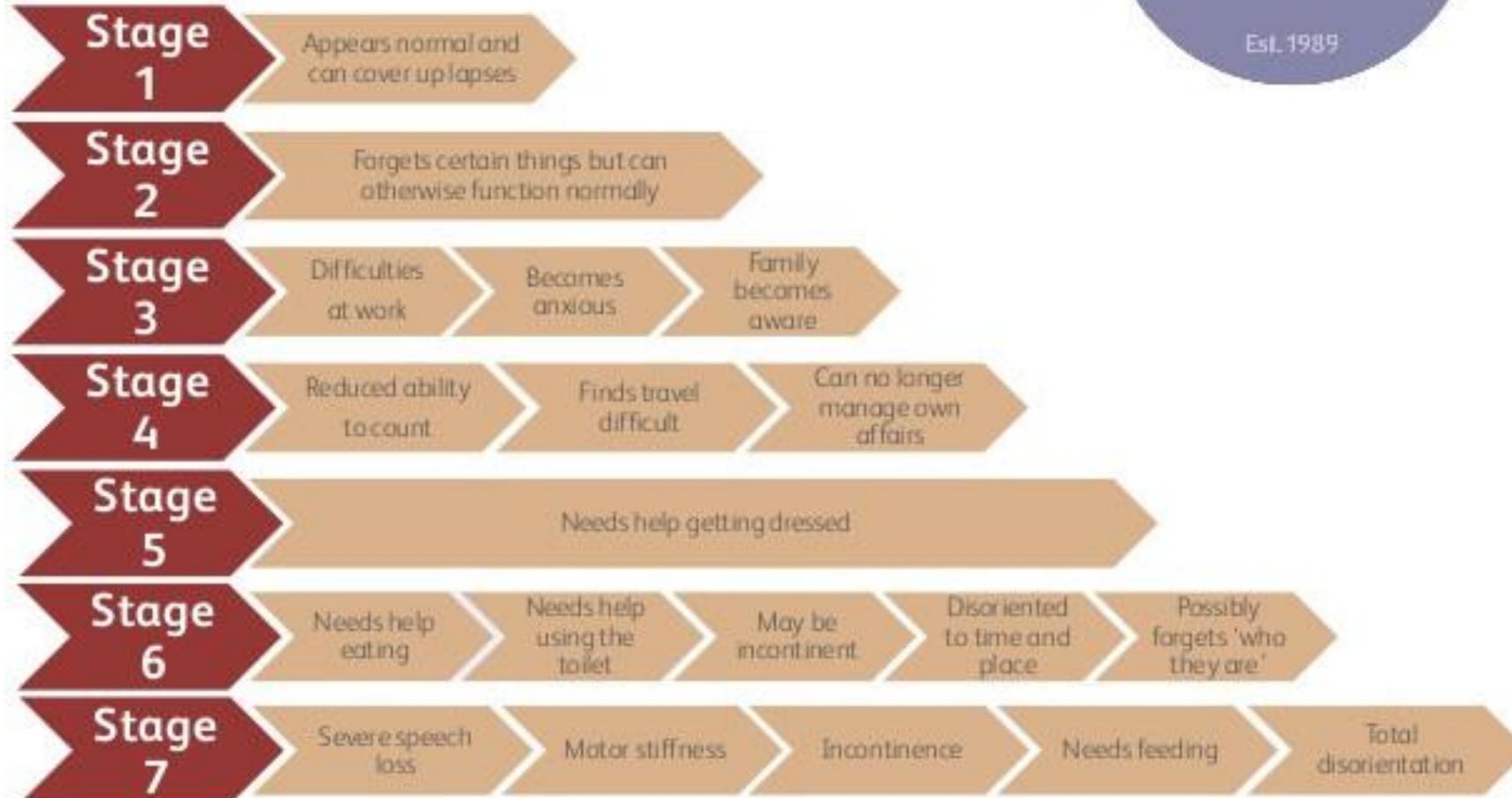
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Stages of dementia

Understanding Dementia

The seven stages of Dementia



Key findings from the report include:

- 75% of people with dementia globally are undiagnosed, equating to 41 million people
- Clinician stigma still a major barrier to diagnosis, with 1 in 3 believing nothing can be done
- 90% Clinicians identified additional delays/wait times due to COVID-19
- 33% of clinicians in our survey believe that nothing can be done about dementia so why bother

Key recommendations include:

- Healthcare systems globally should introduce annual brain health check-ups for the over 50s, facilitated by evolution in biomarkers science, with the opportunity to promote risk reduction strategies

 **Date:** 21st September 2021

 **Author(s):** Alzheimer's Disease International, McGill University

 **Resource type:** [Report](#)

Downloads

 World Alzheimer Report 2021 (Full version, English)

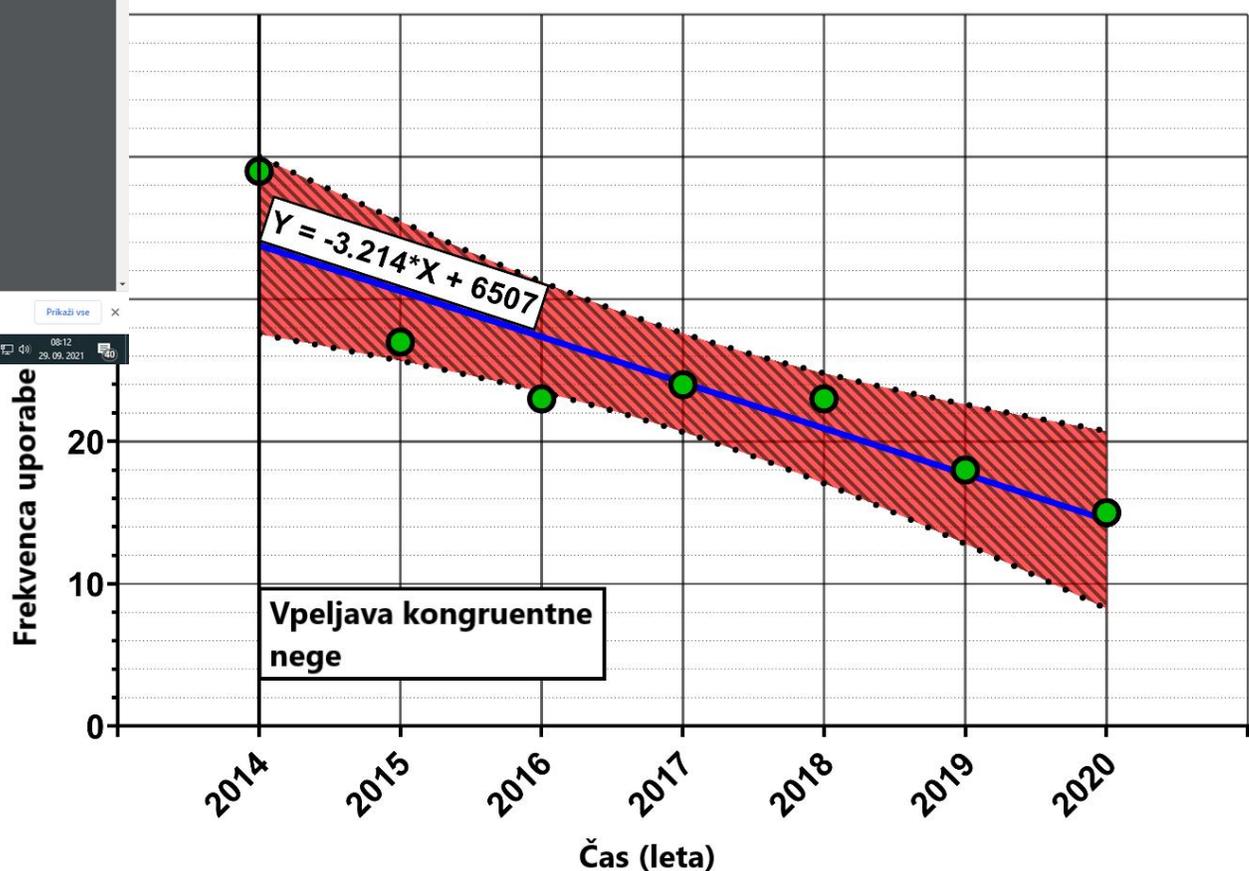
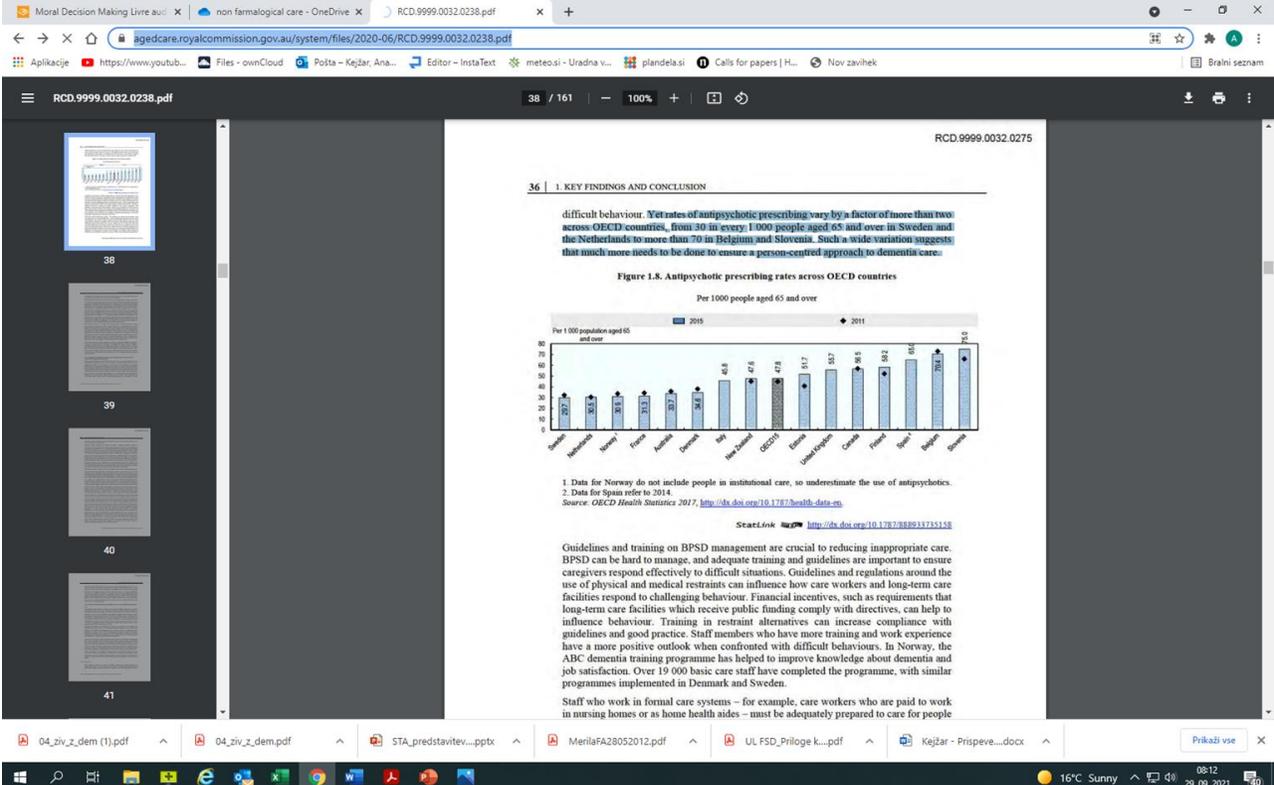
 World Alzheimer Report 2021 launch event slides (Full version, English)



Overall Scores

Overall Scores with Category Contributions





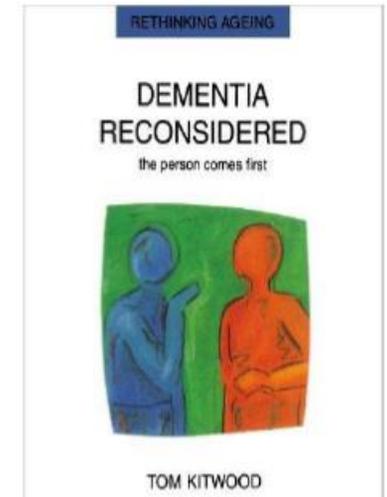
From „to cure“ – „to care“



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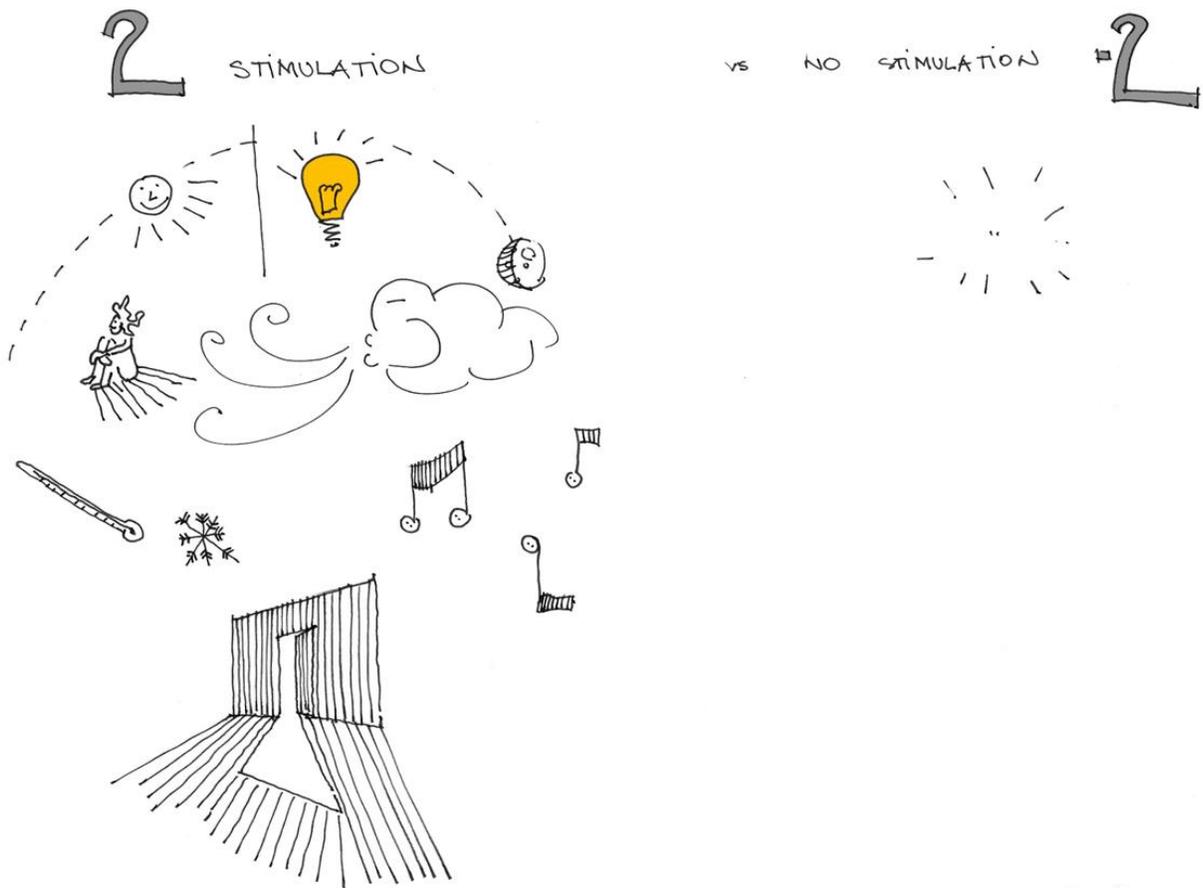
- Support
 - Searching for sources of power of individual
 - Remaining autonomy in decisions as long as it is possible
 - Congruent care
 - Person-centred approach
-
- New roles – relatives as partners, residents and carers creating, researching, innovating
-
- Holistic care approach for each resident vs. Medical approach in the Institution



Purpose of non-pharmacological care measures:

- help people live well (quality) despite the diagnosis
- promote 'coping' with the disease (living with disability)
- support the maintenance of skills, cognitive abilities and social relationships
- support day-to-day functionality and independence (autonomy)
- reduce psychological (social, biological) stress and improve well-being
- enable the well-being and higher quality of life of patients and their caregivers





DESIGN STUDIO DOMENI 2015



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Living in care home

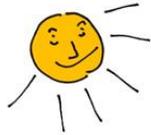


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6 LIGHT

6 DARKNESS

LIVING AREA / WORKING AREA / SLEEPING / REST

ROOMS OCCUPANCY
↑
MORNING AFTERNOON EVENING

↑
NIGHT

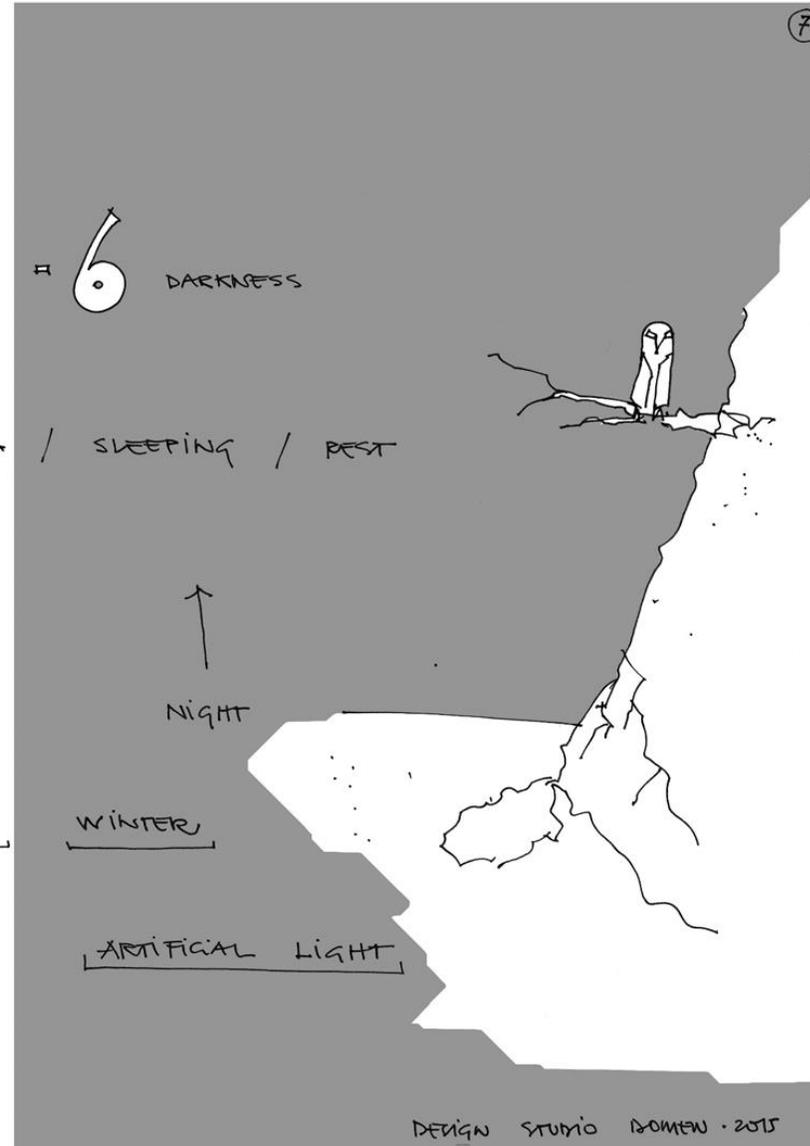
SPRING SUMMER AUTUMN

WINTER

NATURAL LIGHT

ARTIFICIAL LIGHT

SENSORS



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- Accessibility
- Orientation



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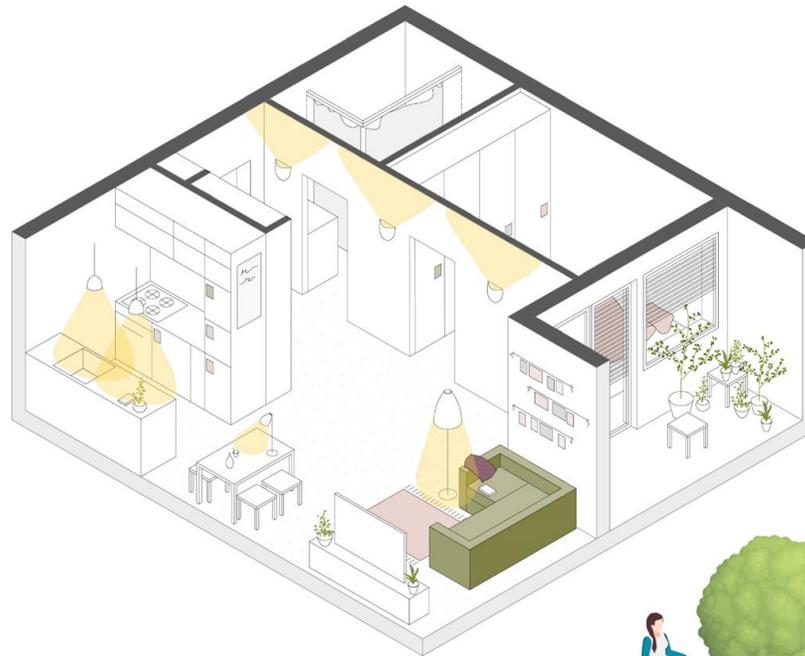


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Personalization of care

knowing and considering a person with dementia, his life story, habits and desires leads in reduction of BPS of dementia and reduces use of antipsychotics

Permanent team of carers

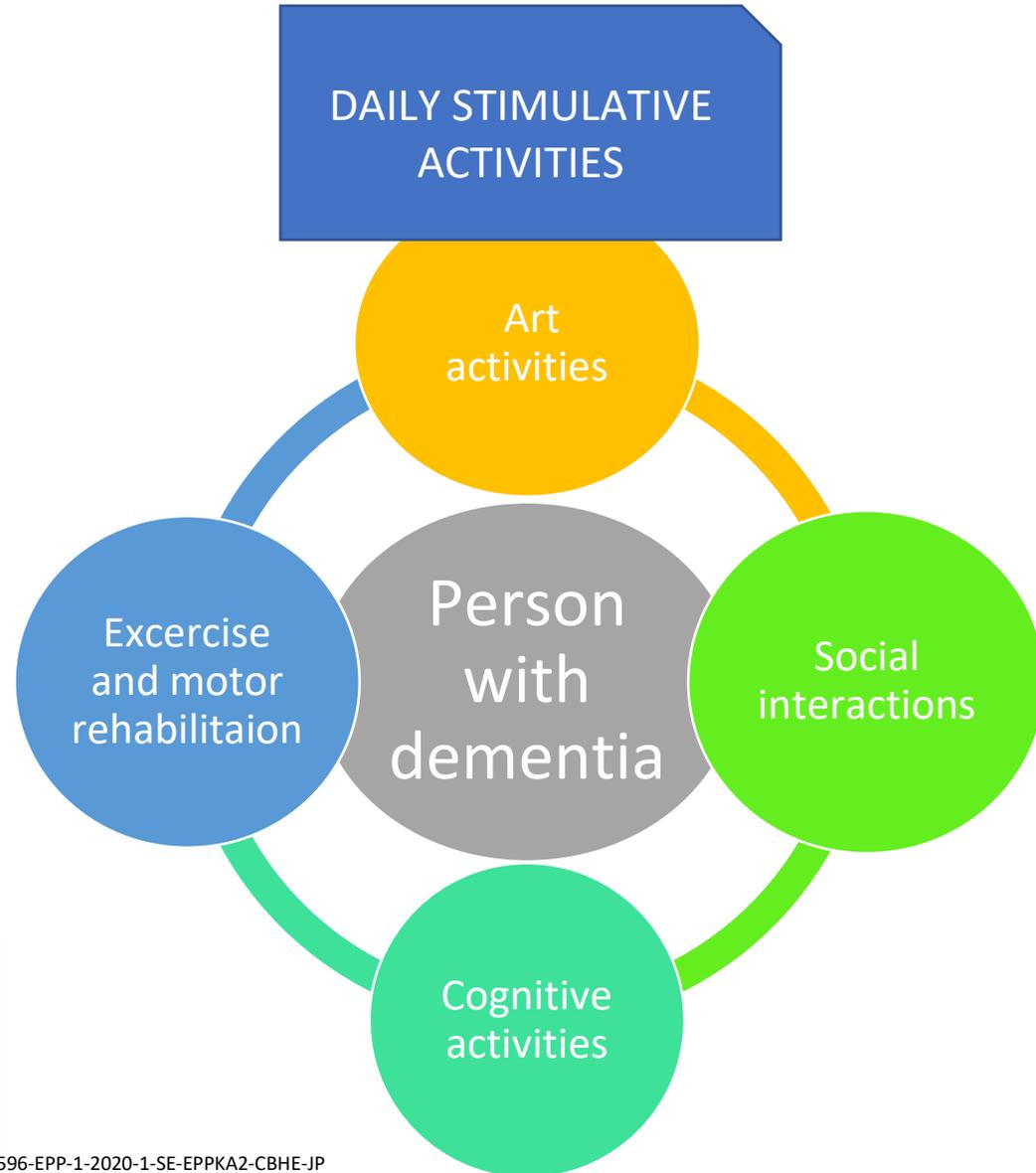
Personal plan for each resident



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- Often overlooked, but very important is the nutritional care of people with dementia!

Finger foods, corners with food, the importance of smell!, participation in preparation of meals, not all dishes at the same time, adapt the menu to the habits of the individual, temperature in dinning room
Perservance, calmness, patience



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The basic rule – our possibility to learn, is adapting to

1. each individual over and over again every day and
2. exploring with him his world.



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“Going to better place”

- Multivision room – effects, special equipment
- Designed for special needs for residents with dementia

- New possibilities: train, walk, underwater world or digital album of memories

- <https://youtu.be/JDC2vEpWBzs>





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SUPPORT OF IT

- Social networks, apps:
 - ☐ YouTube, Twitter, WhatsApp,...
- Gym on web
- Reminders
- Sensors, smart watches
- Robots, toy-animals with sounds



Stimulating activities

- Art – music, painting, sculpturing
- House hold activities – cooking, cleaning, gardening
- Walking, dancing
- Cognitive activities (reading, crosswords)
- Social interactions
- Religion

DOING WHAT PERSON DID IN YOUTH, WHAT IS STILL CAPABLE AND BRINGS WELL-BEING



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STIMULATING ENVIRONMENT

- Relationships, social network (preventing social isolation)
- Spatial adjustments (to open the space, to enable activities)
- Personalisation of care
- ICT aids
- Non-pharmalogical activities
- Remaining autonomy, dignity and right to choose
- Palliative dementia care
- Destigmatization in local community
- Post-diagnostical support for person with dementia and his family
- Support for the family



Questions for the students:

- What defines stimulating environment?
- Why is it important?
- How can we create stimulating environment at home and in institution?



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Further reading

- <https://www.health.vic.gov.au/ageing-and-aged-care/dementia-friendly-environments>
- <https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/organisations/dementia-friendly-environment-checklist>
- <https://www.careuk.com/types-of-care/dementia-care/dementia-friendly-environments>
- <https://www.frontiersin.org/articles/10.3389/fnut.2022.796031/full>



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