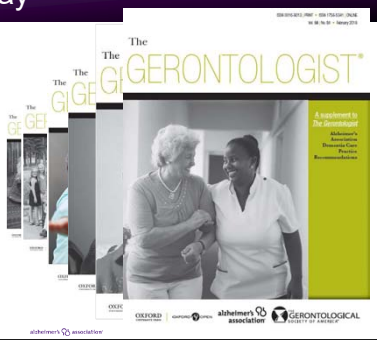
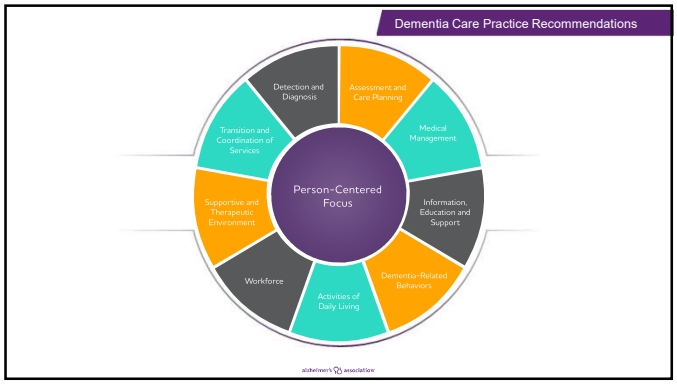
Quality Care: History

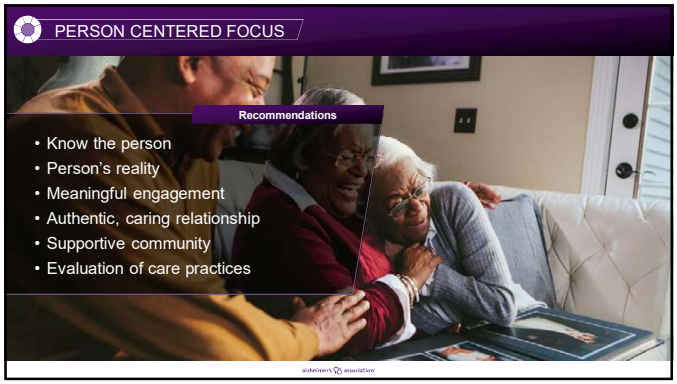
- Guidelines for Dignity
- Key Elements of Dementia Care
- Dementia Care Practice Recommendations

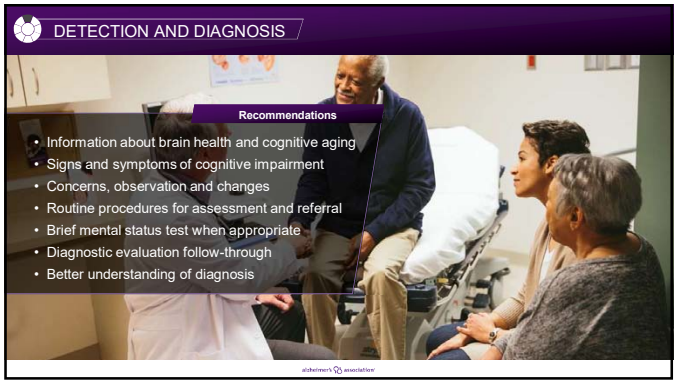
Quality Care: Today

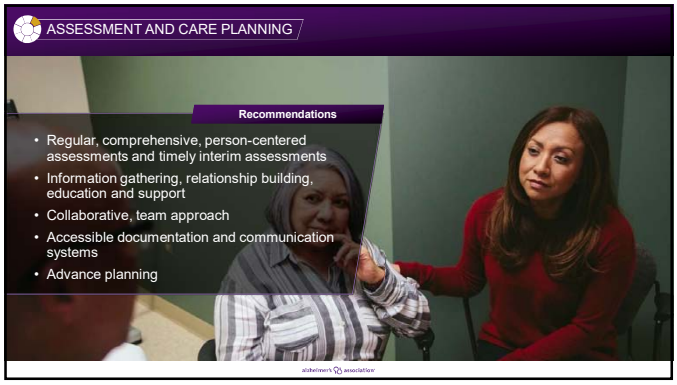
- Evidence-based practices
- 56 recommendations by 27 expert authors
- Applicable to various care settings and throughout the disease continuum
- Published as a supplement to Feb. 2018 issue of *The Gerontologist*
- Foundation for quality, person-centered care

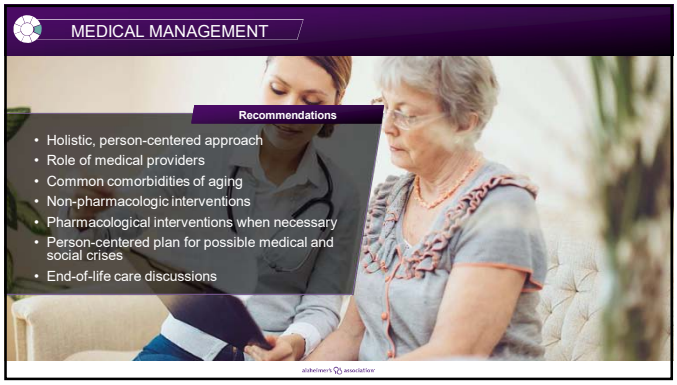



Dementia Care Practice Recommendations
Person-Centered Focus
Assessment and Care Planning
Medical Management
Information, Education and Support
Dementia-Related Behaviors
Activities of Daily Living
Workforce
Supportive and Therapeutic Environment
Transition and Coordination of Services
Detection and Diagnosis


PERSON CENTERED FOCUS
Recommendations
• Know the person
• Person's reality
• Meaningful engagement
• Authentic, caring relationship
• Supportive community
• Evaluation of care practices


DETECTION AND DIAGNOSIS
Recommendations
• 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
Recommendations
• 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
Recommendations
• 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

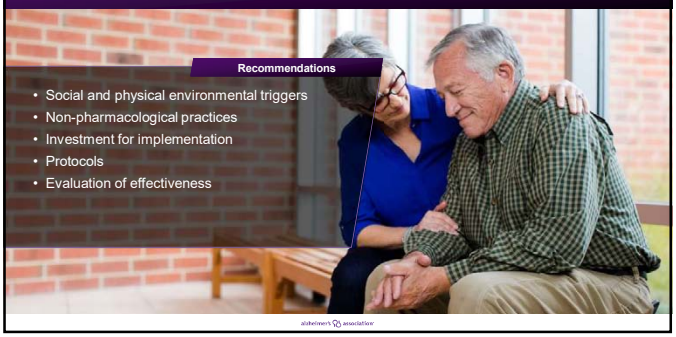
INFORMATION, EDUCATION AND SUPPORT
Recommendations
• Preparation for the future
• Work together and plan together
• Culturally sensitive programs
• Education, information and support during transition
• Technology to reach more families

ACTIVITIES OF DAILY LIVING

Recommendations

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

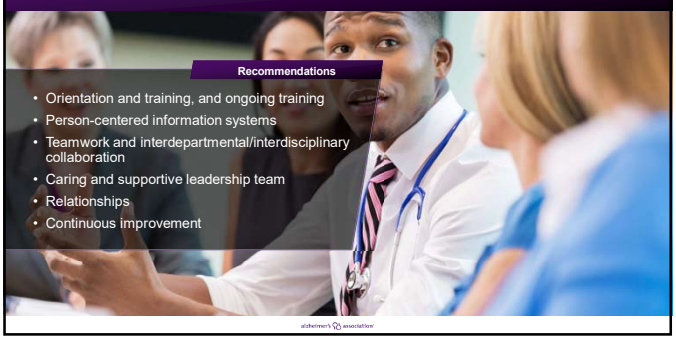
DEMENTIA-RELATED BEHAVIORS



Recommendations

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

WORKFORCE

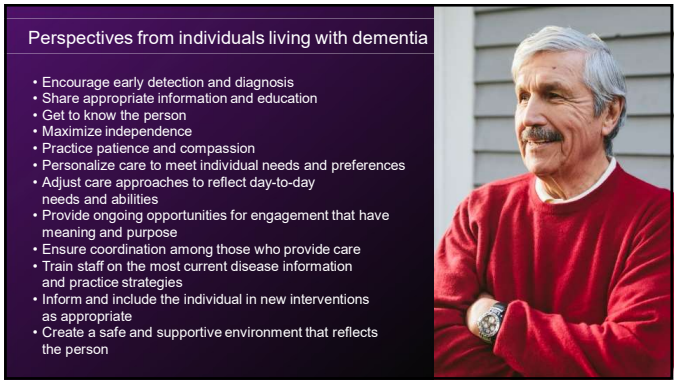


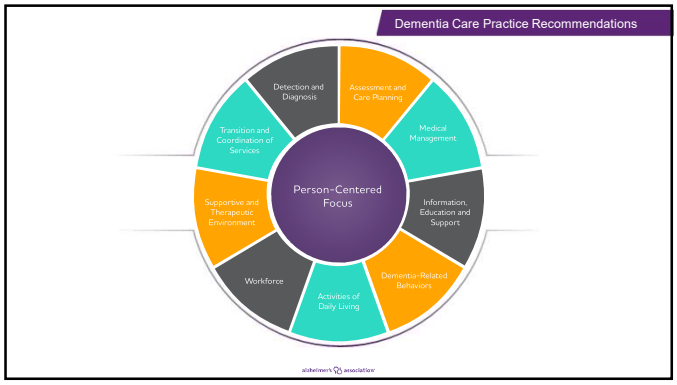
Recommendations

- Orientation and training, and ongoing training
- Person-centered information systems
- Teamwork and interdepartmental/interdisciplinary collaboration
- Caring and supportive leadership team
- Relationships
- Continuous improvement

SUPPORTIVE AND THERAPEUTIC ENVIRONMENT
Recommendations
• Sense of community
• Comfort and dignity
• Courtesy, concern and safety
• Opportunities for choice
• Meaningful engagement

TRANSITION AND COORDINATION OF SERVICES
Recommendations
• Education about common transitions in care
• Timely communication of information between, across and within settings
• Preferences and goals of the person living with dementia
• Strong inter-professional collaborative team to assist with transitions
• Evidence-based models


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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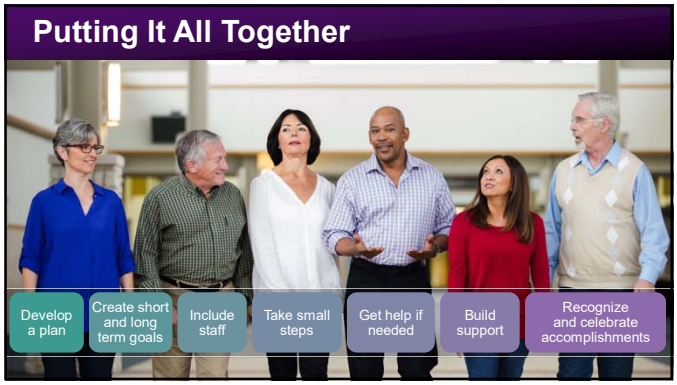
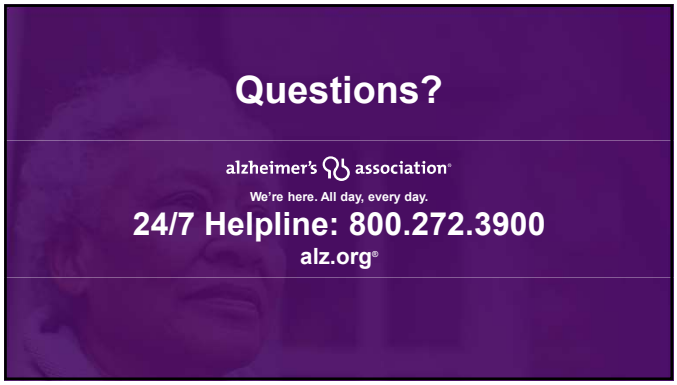

Putting It All Together
Develop a plan
Create short and long term goals
Include staff
Take small steps
Get help if needed
Build support
Recognize and celebrate accomplishments

Next Steps: Get Involved
• In-person and online programs and services
• Curriculum review and essentiALZ® 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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