

SAINT JOSEPH'S SHANKILL - RESPITE

Saint Joseph's Shankill is the largest home in Ireland, solely dedicated to dementia care. We are an accredited Meaningful Care Matters 'Butterfly Home' - where people's feelings matter most. We are the first nursing home in Ireland to have achieved the Investing in Volunteers Award.

This leaflet provides information for anyone who is coming to stay with us on Respite. There is also additional information for loved ones and family members on the following pages.



Glendalough Lodge

- **We only accept referrals from Public Health Nurses (PHN) in North Wicklow. We require a referral form from the PHN with a formal diagnosis of dementia.**
- You'll be staying with us in Glendalough Lodge. Glendalough is one of six lodges in Saint Joseph's Shankill. You will have your own bedroom but live with 9 other residents who call Glendalough Lodge their home. Glendalough Lodge is a restraint-free home. You are free to move around the lodge as you wish.
- During the day there is 1 nurse, 2 healthcare assistants and 1 household staff member on duty. There is no one-to-one support because Glendalough Lodge is like a family home.
- A pre-admission assessment will be done with you and your family and a care plan developed before your stay with us. **This includes a COVID-19 risk assessment and we may ask you to do a COVID test based on the risk identified.**
- While a risk assessment has been carried out for your stay, it does not remove risk entirely. It is a new environment for you and this might present an additional risk, e.g. fall or change in behaviour.
- During your stay you will have the choice to take part in a variety of activities, including: arts and crafts, dance, exercise, TrioBike, bingo, mass.
- **If your family members or loved ones would like to contact Glendalough Lodge they should call 087 363 9117.**



Information and Support

- Saint Joseph's also has a **Dementia Café** which takes place on the second Tuesday of each month in Shankill Bowling Club at 10.30am. You and your loved ones are welcome to come along either before or after your stay with us: <https://saintjosephsshankill.ie/what-we-offer/dementiacafe>
- The Alzheimer Society of Ireland's **Dementia Advisors** are there to provide support to you and your loved ones: <https://alzheimer.ie/service/dementia-adviser>
- You can also find details of **support and social groups** on: www.understandtogether.ie



Contact

If you would like further information about Respite or have other questions, please contact us:

- Telephone: 01 282 3000
- Email: saintjosephs@sjog.ie



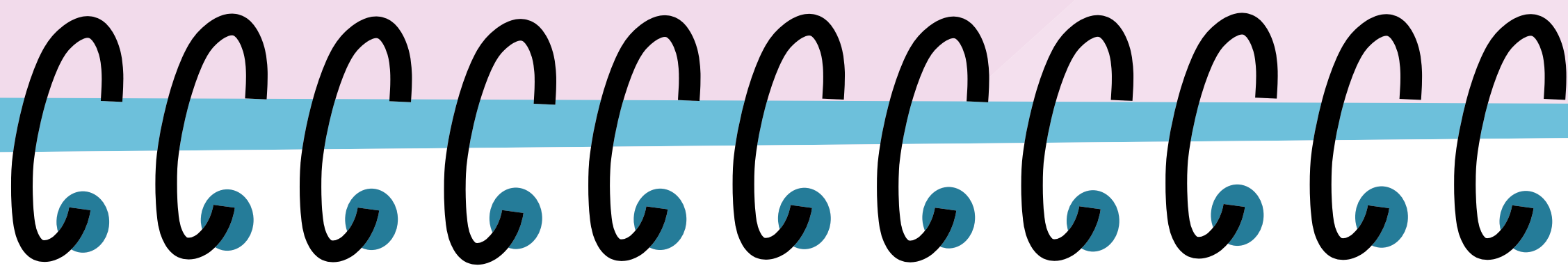
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CHECKLIST FOR RESPITE



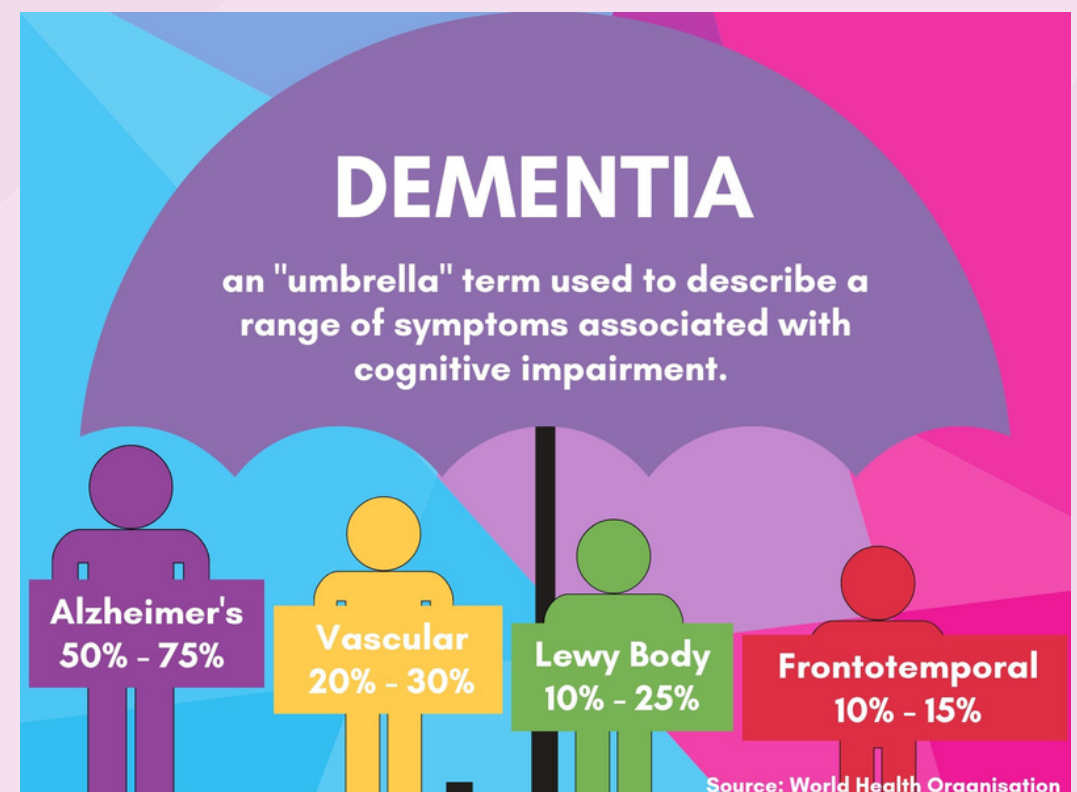
- ☐ Bring loose medication with you for 14 days.
- ☐ Bring a copy of your up-to-date script with your **GP's signature**.
- ☐ Please bring clothes for 14 days with you and make sure they are marked with your name. You could also bring clothes for 7 days with you and have a family member collect and replace them during your stay. **We do not have laundry facilities in Saint Joseph's.**
- ☐ Please also bring incontinence wear for 14 days.
- ☐ Please do not bring valuables with you (such as belongings of high net worth or of sentimental value)
- ☐ Your family members can visit at any time except for mealtimes.
- ☐ **Admission time is on Monday at 2pm.**
- ☐ **Discharge time is on Monday (two weeks later) at 11am.**
- ☐ **Please ensure that a family member is available to provide support** e.g. if you find it difficult to settle, in case of emergencies or to bring you to any pre-planned appointments/transfers to hospital. Saint Joseph's Shankill does not provide transportation.
- ☐ **We will ask your family to complete a direct debit mandate and will debit their account for the amount of €75 for your stay. Our direct debits are on 20th of each month.**



ABOUT DEMENTIA

What is dementia

Dementia is an umbrella term used to describe a range of symptoms associated with cognitive impairment. The four main causes of dementia are: Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia and Frontotemporal Dementia

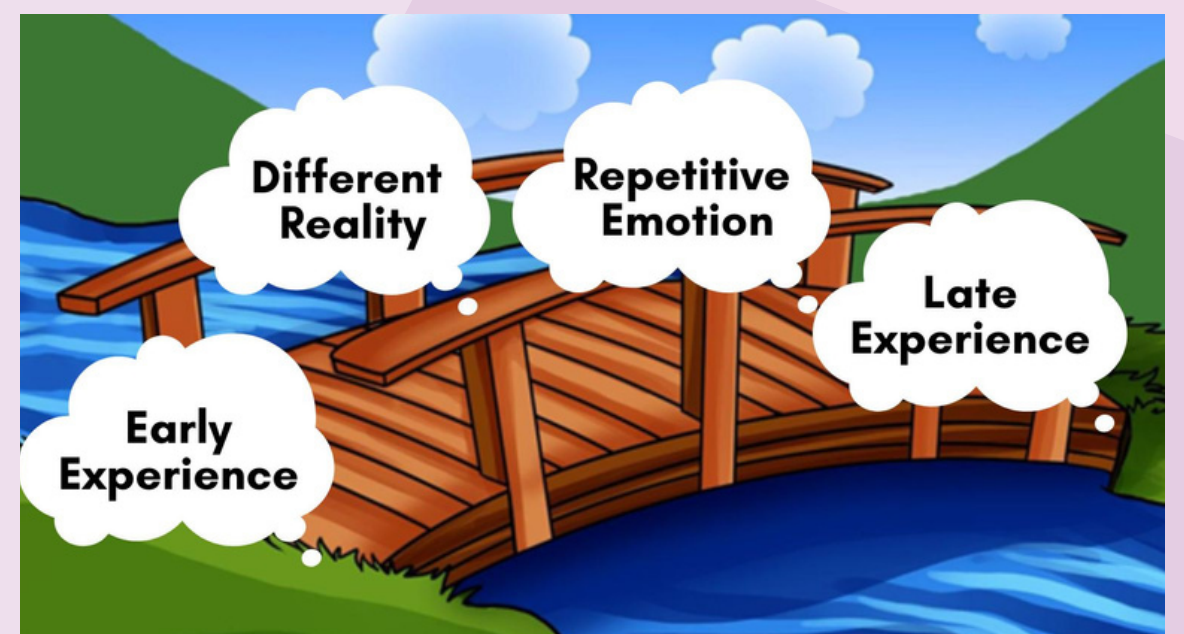


Stages of dementia

Each person's journey is as unique as they are. The experience of a person living with dementia is moving from one reality to another. This involves crossing the Bridge of Life with the person. We can do this in two ways: (1) Supporting and (2) Connecting with the person living with dementia.

In Saint Joseph's we say there are 4 stages of dementia:

- Early Experience
- Different Reality
- Repetitive Emotion
- Late Experience



Glendalough Lodge is at the second stage of dementia (Different Reality).

PINCH ME

In Saint Joseph's we use the PINCH ME mnemonic to help identify potential causes of delirium, which might cause sudden changes in a person's behaviour.

P = **Pain**: maybe the person can't tell us that they are in pain.

I = **Infection**: a urinary tract infection can lead to a sudden change in behaviour.

N = **Nutrition**: it's important to get a balanced diet.

C = **Constipation**: this can occur for older people in a care setting.

H = **Hydration**: if a person is dehydrated this can lead them to be lethargic or confused.

M = **Medication**: a change in medication or their medication may need to be changed.

E = **Environment**: for example, their shoes could be hurting them or a new environment.



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Dedicated to Dementia Care

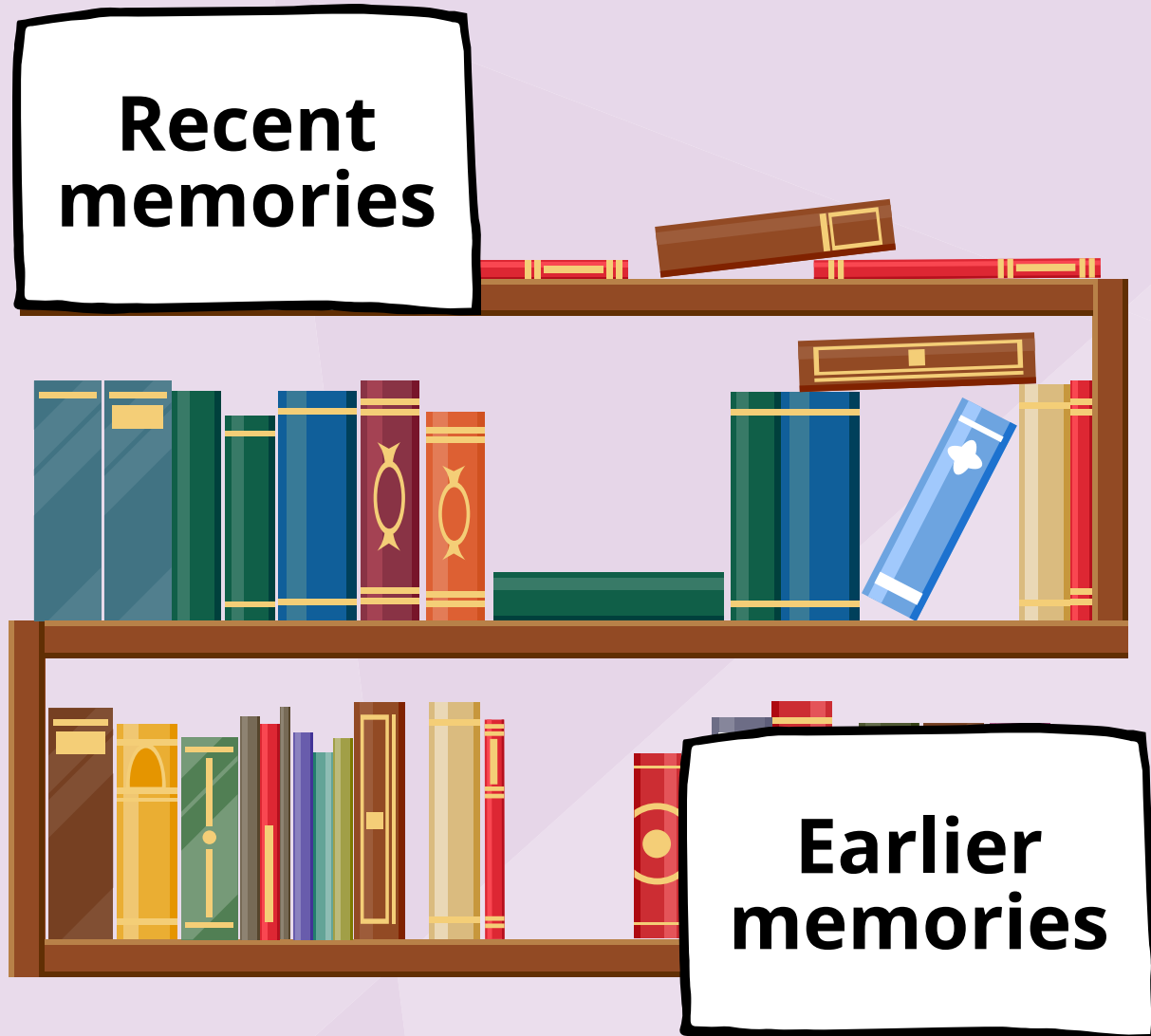
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UNDERSTANDING DEMENTIA

We would like to share with you some ways to understand dementia and give you some tips on how best to communicate and connect with a person living with dementia.

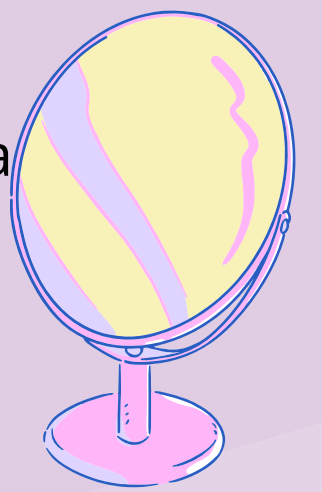


1 The Bookcase

There are 64,000 people living with dementia in Ireland, so it's important that as many people as possible have an understanding of the impact of living with dementia. Imagine that your memory is a bookcase. On the top shelf, we store our most recent memories (e.g. what we did this morning) and on the bottom shelf are our earlier memories (e.g. when we were children going to school).

For someone living with dementia, the top shelf is less stable and shaky and the books (or memories) easily and frequently fall off. However, on the bottom shelf the books are steadier and remain in the bookcase meaning that often long-term memories will remain with people longer.

Asking questions can make a person living with dementia feel uncomfortable, especially as their illness progresses. Mirroring is a great way to connect with someone living with dementia - repeat what they say with a smile if you're not sure what to say.



2 The Traffic Light

People living with dementia live in a world focused on feelings, that's why we say Feelings Matter Most. To understand what that means imagine a set of traffic lights:

- The red light represents your feelings.
- The amber light represents your thinking, processing and judgment - it acts as a filter.
- The green light represents your actions.

If you are living with dementia the amber light is 'faulty' or not working at all. People just **FEEL** and then **ACT**. This is why a person living with dementia may have inappropriate responses or behaviours in certain situations.

For example, if a person living with dementia heard a door bang, they might feel afraid or angry and react based on those feelings alone, because they may not remember they left the window open upstairs which caused the draft.



COMMUNICATION



1 Making Moments Matter

Under the Butterfly Model of Care we focus on making moments matter for the people in our care. Each 'moment' could be a minute long or just a few seconds, but it can make a difference to a person living with dementia. For example, simple eye contact, a smile, a handshake, going for a walk in the garden, looking through a photo album together, listening to their favourite music or singing a song together.

2 Connect - Don't Correct

In order to make a moment matter, you must connect meaningfully with the person living with dementia. They might call you the wrong name. However, don't correct them, better still introduce yourself so that they don't feel bad if they can't remember your name: '*Hi Mam, It's Mary, your daughter.*' People living with dementia may be living in their own bubble or in a different/altered reality. It's up to us to try and connect with them in their reality. Making eye contact and smiling are great ways to put everyone at ease. The best advice is to go with the flow and follow their lead.

3 Feelings Matter Most

Think back to the traffic lights. People living with dementia live in a feeling world. It's also important that you check in with your own feelings because a person living with dementia will pick up on how you're feeling. If you're smiling and happy that can put them in a good mood, but if you're frustrated or agitated they will pick up on this feeling and perhaps mirror it as well.

4 Life Story and Memory Box

Everyone has their own Life Story that tells us what makes them unique, what they like and dislike, the people who are important to them and their important life events.

At Saint Joseph's we ask families to give us physical items that we put into a Memory Box for their loved ones.

Knowing people's life stories and using a person's Memory Box helps to connect with each person individually and can really help to soothe when someone may be anxious or upset.



SOME SYMPTOMS

Below are some symptoms of dementia. Not everyone living with dementia will experience all of these. Each person's journey is as unique as they are.

1 Forgetting things

We all have experienced those moments of walking into a room and forgetting why we were there, and why we came into the room. This is normal. When we have difficulty recalling the names of an everyday item (a key, a phone), that is also normal. However, the difference with the early stages of dementia is when a person can't remember the object in their hand or what to do with it. We may recall the information at a later stage in the day, but recall is difficult in that moment.



2 Getting mixed up with dates and times

People living with dementia can struggle with times, dates and numbers.

We know the current year but for someone living with dementia they may believe they are living 40 or 50 years ago. They may talk about their parents or loved ones in the here and now, but in reality they have passed away. People may want to collect their child from school, not remembering that their child is now grown up with children of their own. This is called "Different or Altered" reality. It's important that we go to their reality and not bring them to ours.



3 Getting lost and confused

For many people living with dementia, they may find the route to the shops confusing, they may get lost, they can't retrace their steps and a route they have taken for many years is now forgotten. They may feel disorientated, confused and frightened. With this cognitive decline, the confusion of the situation is increased as the sequence of events breaks down.



4 Surroundings: Music and Noises

Music is very powerful and often provides an emotional connection with someone's past, evoke memories and associated feelings. Someone living with dementia may still remember the words of a song or piece of music, or the exact notes to play on a piano but may not remember their loved one's name.



Loud sounds can have a negative impact on a person living with dementia. Someone living with dementia may believe that the sounds from the TV or radio are real, happening in front of them or the voices are people in their home. Turning off background sounds, like the TV and radio will eliminate any distractions.



5 Surroundings: lights & shadows



For someone living with dementia, they may interpret shadows differently. They may believe moving shadows are real and perceive them as an object or animal, which can be frightening.

Natural light is best and the use of lamps will eliminate shadows that could be a source of fear.

6 Surroundings: colours and contrasts



We are surrounded by colours everywhere in our homes, the shops, and public spaces. We interpret colours in our everyday activities very differently to someone living with dementia. For example, blue lino on the floor can be viewed as water or the sea. A black welcome mat at the front door can be a hole in the ground. This can be very scary. A plasma screen on a wall mount could be interpreted as a black hole. All of these items could make someone living with dementia feel frightened, anxious and worried.

7 Affects your ability to look after yourself



As the disease progresses, the sequence of completing everyday tasks can become increasingly difficult. Each step of the task can be confusing, for example, when trying to make a cup of tea, the tea bag might go into the fridge instead of the cup.

It is important that we accompany someone through these everyday tasks, rather than doing it for them, this will support their independence and self-worth. We can help by maybe starting the task for them, or prompting them, so that they can finish it or carry out some of the steps.

8 Affects your ability to interact with others



Dementia can also affect how we interact with others. A person living with dementia may no longer follow the sequence of a conversation or be able to hold a conversation with others. This can lead to the person withdrawing from social situations, hobbies or activities at a time when it is really important to maintain that connection with others.

Dementia can also affect the part of the brain responsible for recognising people. A person living with dementia may no longer be able to recognise long-term friends and family members. Think of how you felt when you met someone wearing a mask and you didn't recognise them. You probably experienced feelings of confusion, anxiety and worry trying to remember. These are all feelings experienced by someone living with dementia every day.

