

St Joseph's

st John
of God 
Dementia Care

Day Care



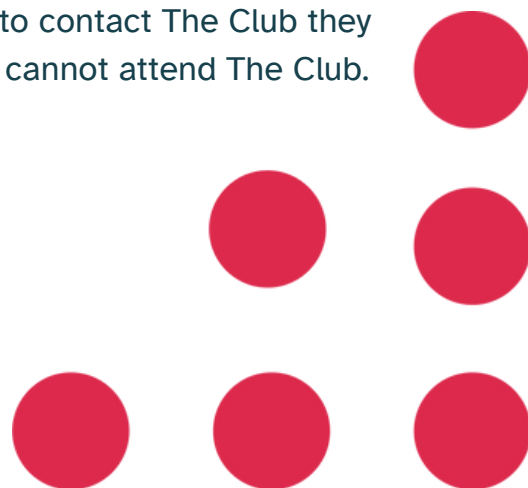
Our Care

St John of God Dementia Care (St Joseph's) 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 Day Care Club members. There is also additional information for loved ones and family members on the following pages.

The Club

- The Club will only accept referrals from Public Health Nurses (PHN) in Dun Laoghaire Rathdown/South Dublin and North Wicklow. We require a referral form from the PHN with a formal diagnosis of dementia.
- An assessment will be done with you and your family to determine your suitability to attend The Club and regular assessments are done to check your ongoing suitability to attend.
- Tea/coffee, scones and croissants are provided on arrival and a hot meal for lunch.
- Each day up to 24 people can attend The Club. The Day Care Manager, Day Care Nurse, 2 Healthcare Assistants and 1 Household Assistant will be on duty. A team of volunteers also supports The Club. There is no one-to-one support because The Club is like any social club. You can attend The Club up to 3 days per week, subject to availability.
- There is still a risk of getting COVID-19 so we will ask you if you have any symptoms and will also take your temperature when you arrive. Please do not come to The Club if you have symptoms or test positive for COVID-19.
- During the day you will have the choice to take part in a variety of activities, including: arts and crafts, dance, exercise, TrioBike, bingo, mass, poetry, gardening, tennis, quizzes and crosswords
- If your family members or loved ones would like to contact The Club they should call 087 6637917. Please phone us if you cannot attend The Club.



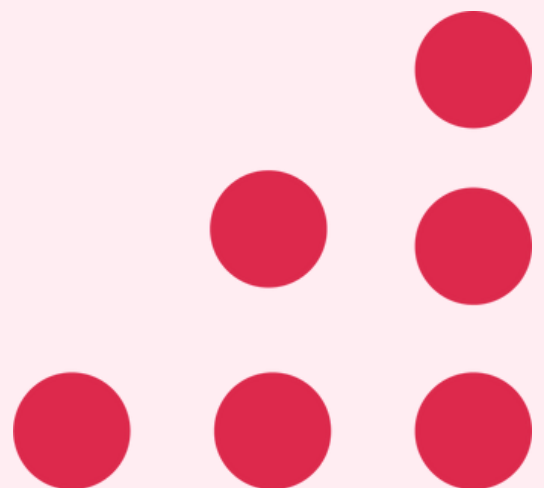
Information and Support

- St Joseph's has a Day Care Support Group run by our chaplain. Meetings are held every 6 weeks.
- St 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 or have other questions, please contact us:

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



Checklist for The Club

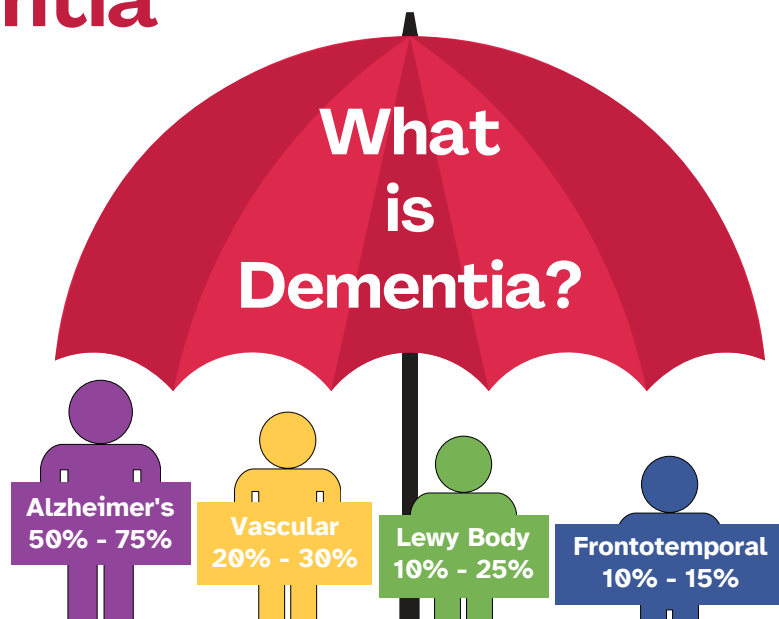
- ☐ Bring a spare change of clothes and incontinence wear (if required) to leave at The Club.
- ☐ Provide information for your Life Story - this will help staff and volunteers to get to know you. Please provide as much detail as possible and bring any props that we could include in your memory box in The Club.
- ☐ Please provide an up-to-date prescription from your GP or complete the Kardex medication form and provide updates when there are changes. **If you are on short term medication e.g. antibiotics/pain relief, please provide prescription in order for it to be administered at The Club.**
- ☐ Please do not bring valuables with you (such as belongings of high net worth or of sentimental value).
- ☐ Please complete the consent form (for email contact, text and photo usage).
- ☐ Please complete the TrioBike consent form.
- ☐ Please enter and exit The Club from the garden entrance. There is a bell on the gate that you can ring if it's closed when you arrive.
- ☐ Please provide 2 passport sized photographs
- ☐ Your family member will need to organise transport to and from The Club. We do not provide or arrange transportation.
- ☐ The Club opens at 9.45am and closes each day at 3.30pm (Monday to Friday). We are closed weekends and public holidays and the days between Christmas and New Year.
- ☐ **We will ask your family to complete a direct debit mandate and will debit their account for the amount of €10 per day. This amount will be debited, even if you do not attend. Our direct debits are on 20th of each month. We will send out an invoice to your family member but this is only for reference. We do not accept payment by cash or cheque.**
- ☐ Please note that The Club and our residential home are separate services.

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
- Frontotemporal Dementia



Source: World Health Organisation

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
- (2) Connecting with the person living with dementia.



In St Joseph's there are 4 stages of dementia:

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

The Club is for people at the early stages of dementia (Early Experience or Different Reality). This is to ensure that all Club Members can engage in our group activities.

PINCH ME

At St 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.

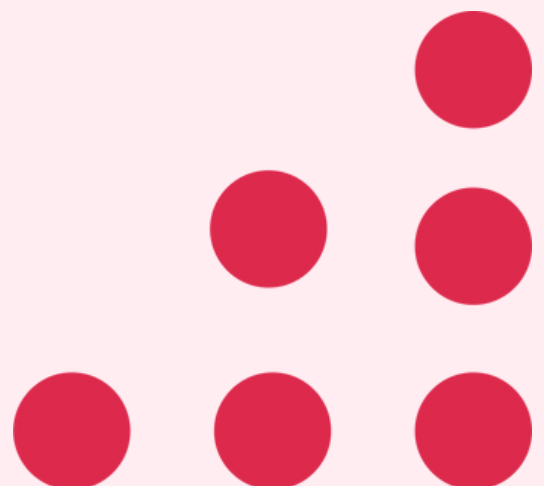
N = **Nutrition**: it's important to get a balanced diet.

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.

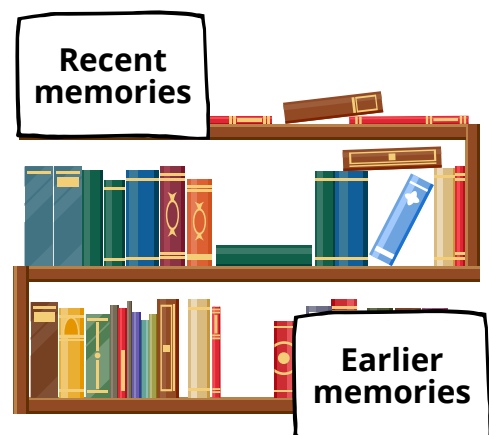
E = **Environment**: for example, their shoes could be hurting them or a new environment.



Understanding dementia

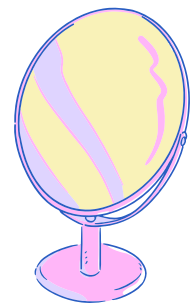
The Bookcase

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.



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

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.

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.

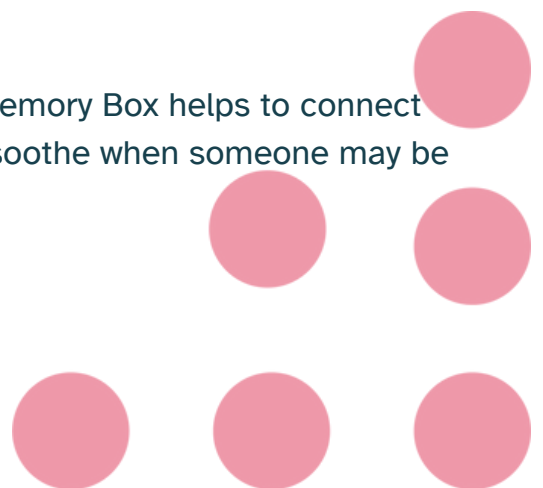
Feelings Matter Most

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.

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 St 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.



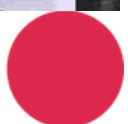
2. Getting mixed up with dates and times

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. Changes in perceptions of your surroundings: Music & 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. Changes in perceptions of your 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. Changes in perceptions of your surroundings: Colours & 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.

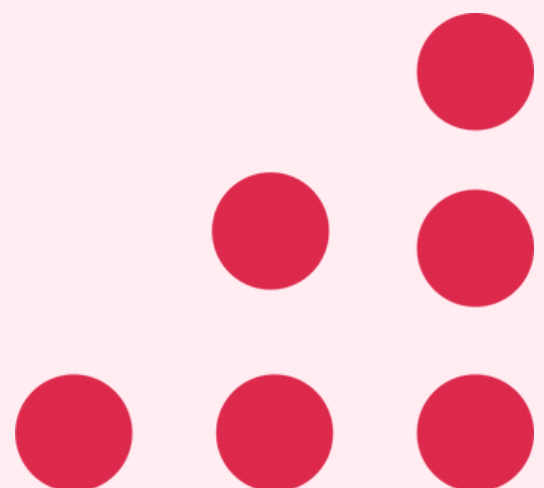
It is important that we accompany someone through these everyday tasks, rather than doing it for them, this will support their independence and self-worth. We can help by maybe starting the task for them, or prompting them, so that they can finish it or carry out some of the steps.



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.



Version 1 (November 2023)

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