



Building a Dementia Training for First Responders

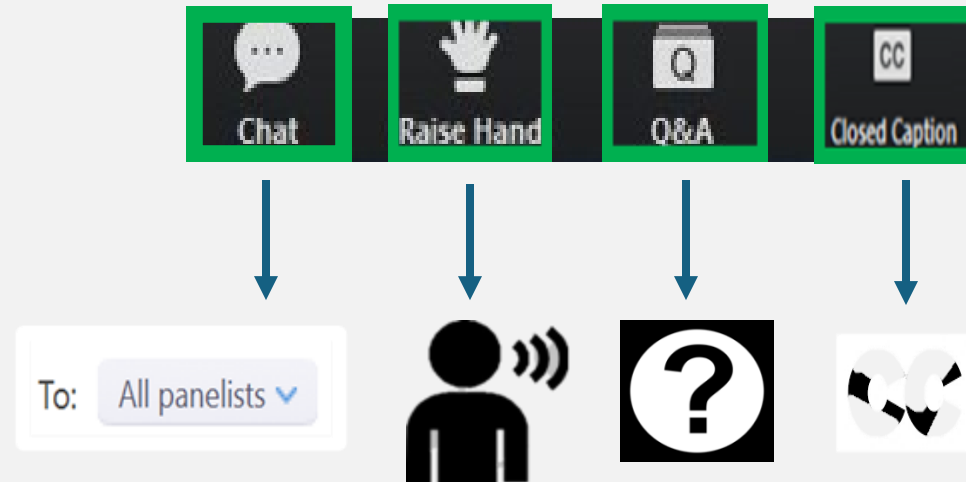
November 20, 2024

Technical Notes and Support

If you lose connectivity during the session, **click your original join link to regain access to the webinar.**

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Enjoy the session!



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1

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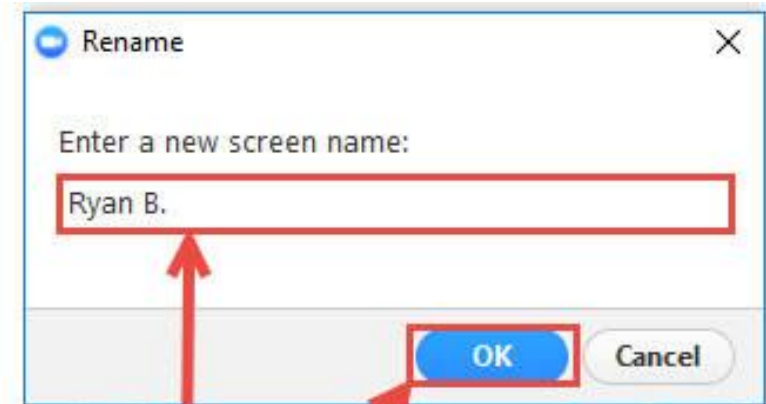
Next, hover your mouse over your name in the “Participants” list on the right side of the Zoom window. Click on “**Rename.**” You can also click on the three dots in your video box to rename yourself.

Participants (1)

RB Ryan B... (Host, me) Mute Rename

2

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3

Type in the display name you'd like to appear in the meeting and click on “OK”.

Change your name to show: First name, last initial, name of organization

Example: Cary D., VOAD



Disclaimer

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Today's Presenters



Jenni Jones

Planning Coordinator

Aging & Long Term Care of Eastern Washington



Tara Hill Matthews

Dementia Resource Catalyst

Aging & Long Term Care of Eastern Washington

Building a Dementia Training for First Responders

November 20, 2024



Objectives

- Provide an overview of what the training covers
- Describe the process for completing the training through EMSconnect
- Review expansion of the training to support people living with dementia
- Discuss supporting and engaging tribal partnerships



Overview and Preview

Training Details





First Responder Training

- 3 hours long
- Worth 3 CAPCE-approved EMS continuing education credits
- Training includes:
 - Video
 - Slides with narration
 - An assessment at the end
- Platform is EMSconnect
 - Tailored to pre-hospital care providers
 - Focuses on providers in rural agencies



Topics

- Changes we go through as we age
- Ageism
- Diseases common among older adults
- The warning signs of dementia
- The most common types of dementia (like Alzheimer's disease)
- Benefits of early detection
- Identifying and addressing dementia behaviors
- Communicating with someone living with dementia
- Tools for scene observation and response
- Working with care partners and families

Agging

Effects and Considerations



Ageism



Implicit ageism

- Unconscious bias that includes attitudes, feelings, and behaviors toward people of other age groups
- Operates without conscious awareness or intention
- **Example:** Expecting a younger person to be less skilled or capable

Benevolent ageism

- Patronizing, paternalistic beliefs or behaviors that older people need to be protected and taken care of by younger people, because they are no longer able to make decisions for themselves
- **Example:** Speaking louder or slower to an older person

Source: American Society on Aging, Ageism & Culture Advisory Council. [Ageism Fact Sheet](#). 2023.



Physical Effects of Aging

Mobility

- Older clients may experience falling, stumbling, or loss of balance and equilibrium
 - Falls are the leading cause of fatal and non-fatal injuries for elders in the U.S.
 - Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall
- Elders may also have arthritis, a decrease in flexibility, or loss of bone and muscle mass



Understanding Dementia

**Alzheimer's Disease and
Related Dementias
(ADRD)**



The 10 Warning Signs of Dementia

1. Memory loss that disrupts daily life

2. Challenges in planning or solving problems

3. Difficulty completing familiar tasks

4. Confusion with time or place

5. Trouble understanding visual images and spatial relationships

6. New problems with words in speaking or writing

7. Misplacing things and losing the ability to retrace steps

8. Decreased or poor judgment

9. Withdrawal from work or social activities

10. Changes in mood and personality

Signs of Normal Aging

1. Sometimes forgetting names or appointments, but remembering them later

2. Making occasional errors when managing finances

3. Occasionally needing help to record a TV show

4. Confusion about the day of the week, but figuring it out later

5. Needing reading glasses

6. Sometimes having trouble finding the right word

7. Misplacing things and being able to retrace steps

8. Making a mistake occasionally

9. Sometimes feeling uninterested in social events

10. Developing specific ways of doing things; becoming irritable when those are disrupted

Working with People Living with Dementia

Critical Challenges



Dementia Crisis Response: Approach to Patient Care

Be calm

Be patient

Be safe

Behavior De-Escalation

When you see an abnormal behavior, start by asking:

- What are they communicating?
- How are they feeling?



Communication

Effective Communication Techniques



De-escalating a Person in Crisis

Do:

- Use calming body language and non-verbal cues
- Use easy and familiar words to communicate
- State your name
- Emphasize that the person is safe
- Offer simple choices
- Focus on one task at a time
- Allow time to respond
- Allow a trusted person to assist with medical assessment
- Use their first name

Do NOT:

- Test the client
- Speak too quickly or loudly
- Use aggressive body language
- Make demanding commands
- Ask memory questions or long medical history questions
- Ask open-ended questions
- Ask multiple questions or offer multiple choices at once
 - Remember they may not have the ability to retain short-term memories

Gathering Information and Finding Partners

Planning Director (Bethany Osgood) worked with gerontologist Debby Dodds and others to create content.



Recording

Worked with EMSconnect to record the training. Dr. Travis Dierks at EMSconnect reviewed for medical accuracy.



Promotion

Statewide W4A, USAging Conference, abbreviated version at the Northwest Rural Health Conference.



Instructional Design

The Dementia Resource Catalyst (Tara Hill Matthews) and Planning Coordinator (Jenni Jones) organized and added information.



Editing

EMSconnect (Shaun Pitts) edited the training, adding video and other elements of visual interest.



Building Dementia Capable Communities Grant

Beyond the first responder
training



Professional Trainings

First responder training

- Statewide designated crisis responders
 - Every 6 months

Beyond first responders

- AAA staff
- Partner case managers
- Home health agencies



Caregiver Workshops

Workshop overview

- Most have been based in libraries in 2024
- For both family and professional caregivers
- Monthly
- Explore topics like:
 - Communication
 - Self-care for caregivers
 - Reducing the risk of dementia
 - Dealing with behaviors



Curriculum Development

Completed:

- Risk reduction
- Self-care for care partners
- Strengths-based dementia care
- The types and progression of dementia

Currently working on:

- Partnering with a health care professional

2025 topics:

- Dementia and falls
- Driving and transportation
- Long-term care



Dementia Friendly Community Work



Dementia Friends



- More than 339 Dementia Friends in our chapter
- Over 40 in the last quarter
- 8 new Dementia Friends Champions
- Started tabling at events for Dementia Friends



Spokane Regional Dementia Friendly Community

- Memory garden
- Library sessions – memory café, etc.
- Faith Communities Subcommittee
- Dementia friendly theater/museum experience
- Provider packets
- Transportation – special mobility services
- Business certification



Organization Name



Built Space Report

From the Spokane Regional
Dementia Friendly
Community



Presented as part of the
Dementia Friendly
Organization Certification



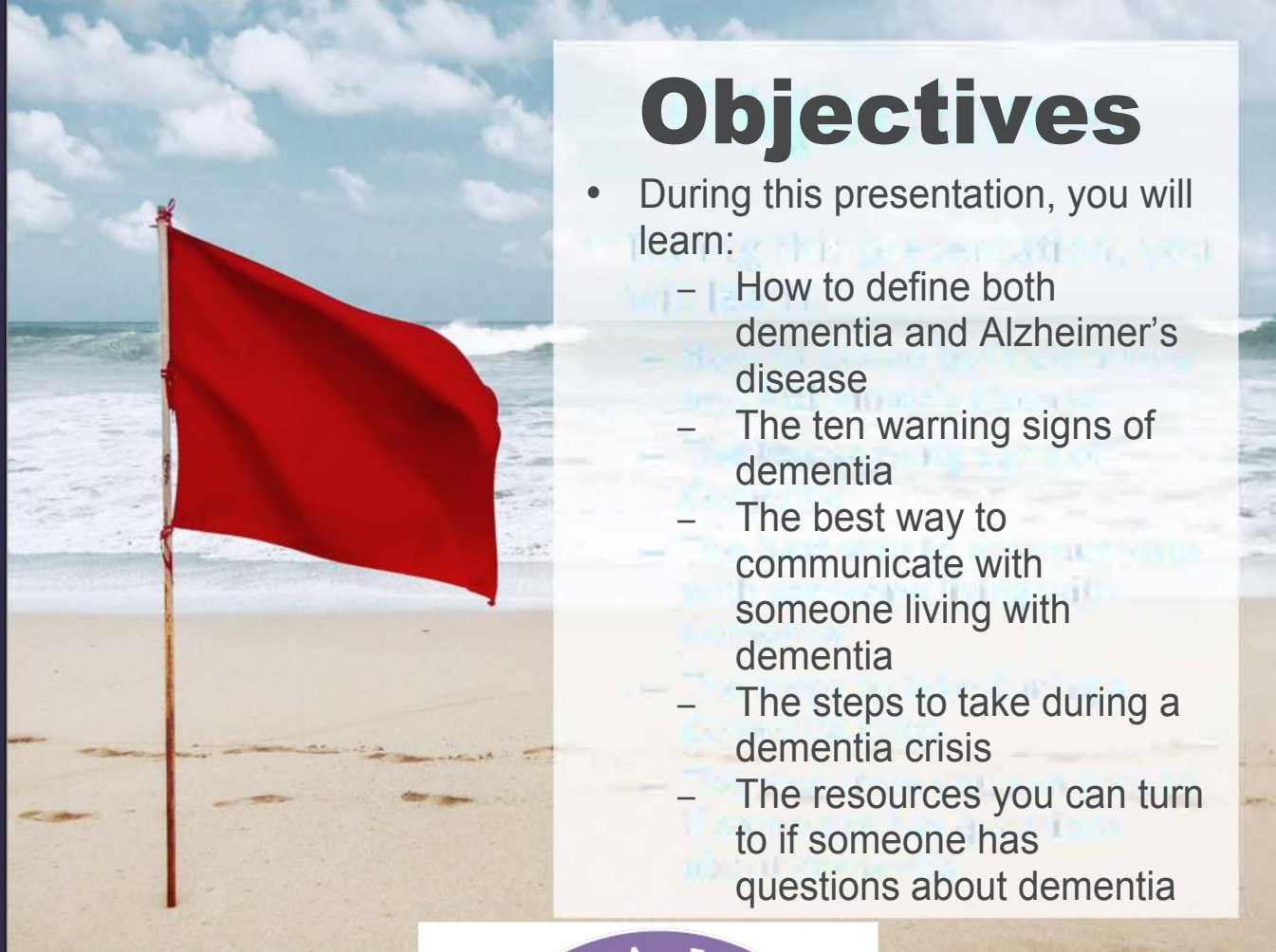
dementia@altcew.org



(509) 777-1629



altcew.org



Objectives

- During this presentation, you will learn:
 - How to define both dementia and Alzheimer's disease
 - The ten warning signs of dementia
 - The best way to communicate with someone living with dementia
 - The steps to take during a dementia crisis
 - The resources you can turn to if someone has questions about dementia



Supporting and Engaging Tribal Partnerships



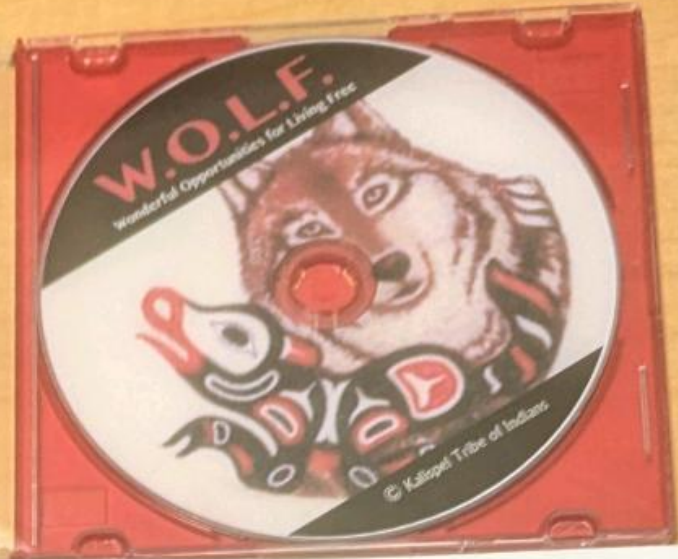


Here is What I Have Learned ...

- Listen
- Be genuine
- Understand that it is not about what you want or what you think is best
- Do not have an ulterior motive
- Build trust (keep your word, show up when you say you will, understand culture and traditions)
- Remember: All tribes are unique

W.O.L.F.

Wonderful Opportunities for Living Free



Little Wolf ńłćći?cn





Questions?



