

# Dementia

## Reminiscence and sensory therapy

In advanced economies 1 in 6 over the age of 85 will have dementia.



Jim  
Kenyon  
aged 92  
and wife  
Joy

# What does it mean to “step into the customers shoes”

Questions we ask in planning and design for dementia:-

- ✓ Ensuring the right colours on the walls?
- ✓ Good natural light?
- ✓ Dementia specific: furniture, pictures on the wall?
- ✓ Easy way finding?
- ✓ Home- like with good internal security?
- ✓ Access outside to secure walking spaces?

# Empathy towards the individual

People are individuals when they have dementia

- What questions do we ask to learn about the identity of a resident as an individual?
- How do we identify the life history of an individual?
- How do we reflect the answers in design?

# Reminiscence Therapy

Creates an environment that triggers discussion of past activities, events & experiences.

1) Music based

2) Evokes Sensory modalities.

- Aural- listening, singing
- Visual- TV screening
- Touch- WW11 button box
- Physical movement- toe tapping, swinging arms



3. Does not require a long attention span.

# Silver Memories (SM)

- Radio station in Australia specific for Dementia.
- Broadcasts music with accompanying photo and comedy content from the 1920's -1960's.
- Channelled via television in resident rooms or by radio in common areas.
- Live broadcaster – 6 hours per day. Voice personalisation, broadcasts birthday & anniversary messages
- Diversional therapy website activities,- mothers day, remembrance day, Christmas day.....

# Physical space evokes reminiscence

•Supportive photographs, household items, memorabilia,



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# Did your mother have a Button box?



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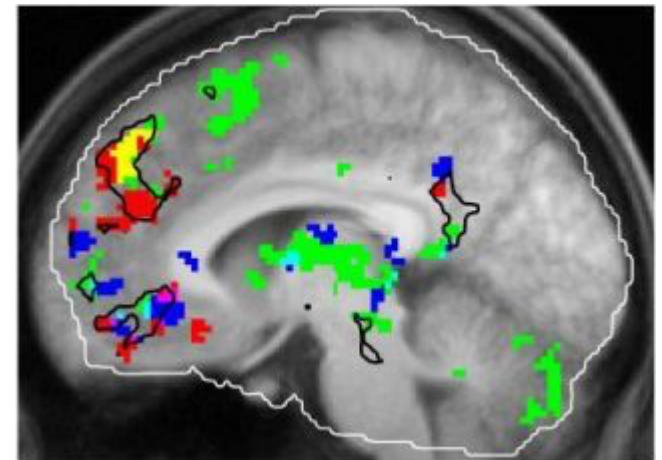
# Dementia and music -brain physiology

- Music impacts the prefrontal cortex which is the last brain regions to atrophy
- With alzheimers & with impaired verbal communication skills many still can sing a song from their teenage years.
- Your emotionally attached to music you enjoyed between the ages of 12 and 25- major life events
- Favourite music releases “feel good” neuro chemicals in the brain- oxytocin, dopamine, serotonin.
- Gross motor skills are maintained until late stages- toe tapping with music



# Link of music to memory recall

- Same part of brain activated when listening to familiar music and that which experiences memories (dorsal part of the medial prefrontal cortex).
- Music promotes the use of alternative processing circuits in the brain.



# Patient experience

1. Jim from sitting passively became animated laughing loudly
2. Jim **recognised** pictures on the screen, remembered a song
3. Communicated with his family
4. Jim told others his life history – That of an individual



# Research on reminiscence therapy including SM

No gender differences in research findings

Decrease in:

- Non social behaviour during “sun downing”
- Agitation and wandering
- Depressive symptoms
- Tranquillising medication

# Research including SM continued

Improved well being:

- Cognitive functioning
- Mood and overall happiness
- Interaction with others, positive social behaviours
- Straightened posture from slumped positions
- Relaxation effects
- Self expression

# Family experience Eyes focusing on Judy Garland on the TV and talking to us

•Communicating his joy



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# Precious memory recall reconnects family

Jim had an increased awareness of his family.

•Makes time spent more enjoyable and relaxing

Email I received from his daughter:

*“Sadly, dad passed away last nite but was peaceful and pain free – the music channel was playing all of the last few days inspite of Mum and I being great tennis fans.*

*He was semi-conscious but still seemed to appreciate the music.*

*.....I would love to see more recognition for the value music plays in all our lives*

*Many thanks*

*Bev Kenyon”*

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# Staff benefit

- Simple to administer
- Programmed into individual care plans
- Increases staff productivity
- Helps staff “step into their shoes”
- Positive and rewarding and helps staff connect
- Can be directed towards individual needs-  
physiological, emotional
- Distraction if the resident becomes agitated



# Patient centred care



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# Compassion with empathy



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# Reminiscence Therapy Target Populations

Expanding from the aged:

- Dementia
- Parkinsons
- Traumatic brain
- Stroke
- Autism
- Mental health issues- depression



# Target Locations

1. Aged care facilities including dementia
2. Hidden aged:
  - Prisons
  - Mental health institutions
  - Respite care
3. Our home.

# Basic questions to consider to enhance personal identity?

Are we encouraging in our designs:

1. Individual expression of emotions-feelings?
2. Communication and connection with others on what is important to them as individuals?
3. Improved quality of life as an individual?
4. Individual self expression

# Thank you Questions

[website-Silvermemories.com.au](http://website-Silvermemories.com.au)

