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Graduate Certificate in Dementia Care Mapping with Cucumbers

## Person-Centred Approaches to Dementia

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Ableism refers to the discrimination and stereotyping of people with disabilities, including those with dementia, and is a significant challenge in providing person-centred care, as it can lead to a lack of understanding and empathy towards individuals with dementia, and it is essential to recognize and address ableism in dementia care to provide high-quality care that respects the autonomy and dignity of individuals with dementia. Acceptance and Commitment Therapy (ACT) is a type of psychotherapy that focuses on acceptance and mindfulness to help individuals with dementia and their caregivers cope with the challenges of dementia, and it can be used in conjunction with other therapies, such as cognitive-behavioural therapy, to provide a comprehensive approach to dementia care. Activity-Based Interventions refer to the use of activities and experiences to promote the physical, emotional, and social well-being of individuals with dementia, and these interventions can include a wide range of activities, such as art, music, and exercise, and can be tailored to meet the individual needs and preferences of each person with dementia. Adaptation refers to the process of adjusting and adapting to the challenges and changes associated with dementia, and it is essential for individuals with dementia and their caregivers to develop effective adaptation strategies to maintain their physical, emotional, and social well-being. Adult Day Care (ADC) is a type of community-based care that provides social, recreational, and therapeutic activities for adults with dementia, and it can be a valuable resource for caregivers who need to balance their caregiving responsibilities with other aspects of their lives. Advance Care Planning (ACP) refers to the process of planning and preparing for future care and treatment, including end-of-life care, and it is essential for individuals with dementia and their caregivers to engage in ACP to ensure that their wishes and preferences are respected. Alzheimer's Disease (AD) is a type of neurodegenerative disorder that is the most common cause of dementia, and it is characterized by the progressive loss of memory, language, and other cognitive functions. Antipsychotic Medications are a type of medication that is often used to treat the behavioural and psychological symptoms of dementia, such as agitation and aggression, and they can be effective in reducing these symptoms, but they can also have significant side effects, such as sedation and confusion. Arts-Based Interventions refer to the use of arts and creative activities, such as music, art, and drama, to promote the physical, emotional, and social well-being of individuals with dementia, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Assistive Technology (AT) refers to the use of technology and devices to support the daily living activities of individuals with dementia, and it can include a wide range of devices, such as walkers and wheelchairs, as well as communication and cognitive aids. Augmentative and Alternative Communication (AAC) refers to the use of alternative methods of communication, such as picture communication symbols and electronic devices, to support the communication needs of individuals with dementia, and it can be used to enhance the expression and understanding of individuals with dementia. Behavioural Interventions refer to the use of behavioural techniques, such as reinforcement and redirection, to manage the behavioural symptoms of

dementia, such as agitation and aggression, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Behavioural and Psychological Symptoms of Dementia (BPSD) refer to the behavioural and psychological symptoms of dementia, such as agitation, aggression, and delusions, and these symptoms can be challenging to manage and require a comprehensive approach to care. Care Mapping is a type of care planning that involves mapping the care needs and preferences of individuals with dementia, and it can be used to develop personalized care plans that respect the autonomy and dignity of individuals with dementia. Caregiver Burden refers to the physical, emotional, and financial challenges faced by caregivers of individuals with dementia, and it is essential to recognize and address caregiver burden to provide effective support and resources to caregivers. Caregiver Support refers to the support and resources provided to caregivers of individuals with dementia, and it can include a wide range of services, such as respite care, counseling, and education. Cognitive Stimulation Therapy (CST) is a type of cognitive therapy that aims to stimulate and enhance the cognitive functions of individuals with dementia, and it can include a wide range of activities, such as memory games and problem-solving exercises. Cognitive Training refers to the use of cognitive exercises and activities to improve the cognitive functions of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Communication Strategies refer to the use of effective communication techniques, such as validation and reflection, to support the communication needs of individuals with dementia, and these strategies can be tailored to meet the individual needs and preferences of each person with dementia. Community-Based Care refers to the provision of care and support services in the community, rather than in institutional settings, and it can include a wide range of services, such as home care, adult day care, and respite care. Comprehensive Geriatric Assessment (CGA) is a type of comprehensive assessment that aims to evaluate the physical, cognitive, and social needs of older adults, including those with dementia, and it can be used to develop personalized care plans that respect the autonomy and dignity of individuals with dementia. Continuous Quality Improvement (CQI) refers to the ongoing process of evaluating and improving the quality of care and services provided to individuals with dementia, and it is essential to engage in CQI to ensure that care and services are effective, efficient, and person-centred. Cueing refers to the use of visual or auditory cues to support the memory and cognitive functions of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Dementia Care Mapping (DCM) is a type of care planning that involves mapping the care needs and preferences of individuals with dementia, and it can be used to develop personalized care plans that respect the autonomy and dignity of individuals with dementia. Dementia-Friendly Communities refer to communities that are inclusive and supportive of individuals with dementia, and they can include a wide range of initiatives, such as education and awareness campaigns, as well as physical and social environment modifications. Dementia-Friendly Environments refer to physical and social environments that are inclusive and supportive of individuals with dementia, and they can include a wide range of modifications, such as wayfinding signs and adapted furniture. Dignity refers to the respect and autonomy of individuals with dementia, and it is essential to prioritize dignity in care and support services to promote the well-being and quality of life of individuals with dementia. Disability Rights refer to the rights and entitlements of individuals with disabilities, including those with dementia, and they can include a

wide range of rights, such as the right to autonomy and self-determination. Early-Stage Dementia refers to the early stages of dementia, during which individuals may experience mild cognitive and functional impairments, and it is essential to provide early diagnosis and intervention to support the well-being and quality of life of individuals with dementia. Elder Abuse refers to the abuse and neglect of older adults, including those with dementia, and it is essential to recognize and address elder abuse to promote the safety and well-being of individuals with dementia. Emotional Containment refers to the ability to manage and regulate emotions, and it is essential for caregivers to develop emotional containment to provide effective support and care to individuals with dementia. Empowerment refers to the process of enabling and supporting individuals with dementia to maintain their autonomy and self-determination, and it is essential to prioritize empowerment in care and support services to promote the well-being and quality of life of individuals with dementia. End-of-Life Care refers to the care and support provided to individuals with dementia in the final stages of their life, and it is essential to prioritize dignity, comfort, and respect in end-of-life care to promote the well-being and quality of life of individuals with dementia. Environmental Adaptations refer to the modifications made to the physical environment to support the safety and well-being of individuals with dementia, and they can include a wide range of adaptations, such as handrails and non-slip flooring. Evidence-Based Practice (EBP) refers to the use of research and evidence to inform and guide care and support services for individuals with dementia, and it is essential to engage in EBP to ensure that care and services are effective, efficient, and person-centred. Family Caregiver refers to the family member or relative who provides care and support to an individual with dementia, and it is essential to recognize and support family caregivers to promote the well-being and quality of life of individuals with dementia. Functional Assessment refers to the evaluation of an individual's functional abilities, such as their ability to perform daily living activities, and it is essential to conduct functional assessments to develop personalized care plans that respect the autonomy and dignity of individuals with dementia. Group Therapy refers to the use of group interventions, such as support groups and therapy groups, to promote the social and emotional well-being of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Health Promotion refers to the process of promoting and supporting the physical, emotional, and social well-being of individuals with dementia, and it is essential to prioritize health promotion in care and support services to promote the well-being and quality of life of individuals with dementia. Incontinence refers to the loss of bladder or bowel control, and it is a common symptom of dementia, and it is essential to provide support and management of incontinence to promote the dignity and comfort of individuals with dementia. Informed Consent refers to the process of obtaining and respecting the consent of individuals with dementia for care and treatment, and it is essential to prioritize informed consent to promote the autonomy and self-determination of individuals with dementia. Intermediate Care refers to the care and support provided to individuals with dementia who require rehabilitation and reablement services, and it can include a wide range of services, such as physiotherapy and occupational therapy. Lewy Body Dementia (LBD) is a type of neurodegenerative disorder that is characterized by the presence of Lewy bodies in the brain, and it can cause a range of symptoms, including cognitive decline, hallucinations, and fluctuations in alertness. Life Story Work refers to the process of creating and sharing the life story of an individual with dementia, and it can be used to promote the identity

and self-esteem of individuals with dementia. Living Will refers to the document that outlines an individual's wishes and preferences for end-of-life care, and it is essential to respect the living will of individuals with dementia to promote their autonomy and self-determination. Long-Term Care refers to the care and support provided to individuals with dementia over an extended period, and it can include a wide range of services, such as nursing care, rehabilitation, and respite care. Medication Management refers to the process of managing and monitoring the medication of individuals with dementia, and it is essential to prioritize medication management to promote the safety and well-being of individuals with dementia. Mental Health refers to the emotional and psychological well-being of individuals with dementia, and it is essential to prioritize mental health in care and support services to promote the well-being and quality of life of individuals with dementia. Mindfulness-Based Interventions refer to the use of mindfulness and meditation to promote the physical, emotional, and social well-being of individuals with dementia, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Montessori-Based Interventions refer to the use of Montessori methods and activities to promote the cognitive and functional abilities of individuals with dementia, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Multi-Disciplinary Team (MDT) refers to the team of healthcare professionals who work together to provide comprehensive care and support to individuals with dementia, and it can include a wide range of professionals, such as doctors, nurses, and therapists. Music Therapy refers to the use of music and music-based activities to promote the physical, emotional, and social well-being of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Non-Pharmacological Interventions refer to the use of non-medical interventions, such as behavioural and environmental interventions, to manage the symptoms of dementia, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Nutrition and Hydration refer to the process of promoting and supporting the nutritional and hydration needs of individuals with dementia, and it is essential to prioritize nutrition and hydration to promote the physical and overall well-being of individuals with dementia. Occupational Therapy (OT) refers to the use of occupational activities and interventions to promote the functional and cognitive abilities of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Pain Management refers to the process of managing and monitoring the pain of individuals with dementia, and it is essential to prioritize pain management to promote the comfort and well-being of individuals with dementia. Palliative Care refers to the care and support provided to individuals with dementia in the final stages of their life, and it is essential to prioritize dignity, comfort, and respect in palliative care to promote the well-being and quality of life of individuals with dementia. Participation refers to the process of involving and engaging individuals with dementia in care and support services, and it is essential to prioritize participation to promote the autonomy and self-determination of individuals with dementia. Person-Centred Care (PCC) refers to the approach to care that prioritizes the needs and preferences of individuals with dementia, and it is essential to engage in PCC to promote the well-being and quality of life of individuals with dementia. Personhood refers to the identity and self-concept of individuals with dementia, and it is essential to prioritize personhood in care and support services to promote the dignity and respect of individuals with dementia. Physical Activity refers to

the process of promoting and supporting the physical activity of individuals with dementia, and it is essential to prioritize physical activity to promote the physical and overall well-being of individuals with dementia. Positive Behaviour Support (PBS) refers to the use of positive and supportive strategies to manage the behavioural symptoms of dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Psychological Interventions refer to the use of psychological techniques and strategies to promote the emotional and psychological well-being of individuals with dementia, and these interventions can be tailored to meet the individual needs and preferences of each person with dementia. Quality of Life (QOL) refers to the overall well-being and satisfaction of individuals with dementia, and it is essential to prioritize QOL in care and support services to promote the well-being and quality of life of individuals with dementia. Reablement refers to the process of rehabilitating and re-enabling individuals with dementia to maintain their functional and cognitive abilities, and it can include a wide range of services, such as physiotherapy and occupational therapy. Relationship-Centred Care (RCC) refers to the approach to care that prioritizes the relationships and interactions between individuals with dementia and their caregivers, and it is essential to engage in RCC to promote the well-being and quality of life of individuals with dementia. Resilience refers to the ability of individuals with dementia and their caregivers to coping with the challenges and stresses of dementia, and it is essential to promote resilience to support the well-being and quality of life of individuals with dementia. Respite Care refers to the care and support provided to individuals with dementia to give their caregivers a break and rest, and it can include a wide range of services, such as day care and overnight care. Restraint refers to the use of physical or chemical restraints to manage the behavioural symptoms of dementia, and it is essential to minimize the use of restraints to promote the safety and well-being of individuals with dementia. Risk Assessment refers to the process of identifying and managing the risks associated with dementia, such as falls and injuries, and it is essential to prioritize risk assessment to promote the safety and well-being of individuals with dementia. Sensory Stimulation refers to the use of sensory activities and interventions to promote the physical and emotional well-being of individuals with dementia, and it can include a wide range of activities, such as music and art therapy. Social Isolation refers to the experience of loneliness and disconnection from others, and it is a common symptom of dementia, and it is essential to prioritize social isolation to promote the social and emotional well-being of individuals with dementia. Social Learning Theory (SLT) refers to the theory that learning and behaviour are influenced by social and environmental factors, and it can be used to develop interventions to promote the social and emotional well-being of individuals with dementia. Spirituality refers to the experience of meaning and purpose in life, and it is essential to prioritize spirituality in care and support services to promote the well-being and quality of life of individuals with dementia. Support Groups refer to the groups of individuals with dementia and their caregivers who meet to share and support each other, and they can be a valuable resource for promoting the emotional and social well-being of individuals with dementia. Telehealth refers to the use of technology and telecommunications to provide care and support services to individuals with dementia, and it can include a wide range of services, such as video conferencing and online support groups. Training and Education refer to the process of providing and supporting the training and education of caregivers and healthcare professionals to promote the well-being and quality of life of individuals with dementia, and it is essential to prioritize training and

education to ensure that caregivers and healthcare professionals have the knowledge and skills needed to provide high-quality care. Validation Therapy (VT) refers to the use of validation and empathy to promote the emotional and psychological well-being of individuals with dementia, and it can be tailored to meet the individual needs and preferences of each person with dementia. Vascular Dementia (VaD) is a type of neurodegenerative disorder that is caused by vascular disease, and it can cause a range of symptoms, including cognitive decline, memory loss, and communication difficulties. Wanderer's Syndrome refers to the behaviour of wandering and getting lost, and it is a common symptom of dementia, and it is essential to prioritize wanderer's syndrome to promote the safety and well-being of individuals with dementia. Well-Being refers to the overall quality of life and satisfaction of individuals with dementia, and it is essential to prioritize well-being in care and support services to promote the well-being and quality of life of individuals with dementia.