

# REMEMBERING ME



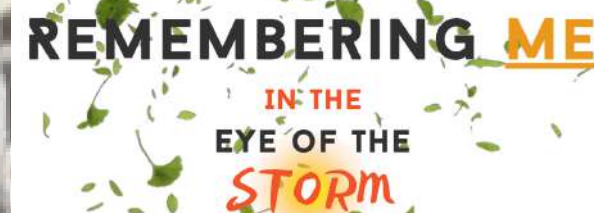
IN THE  
EYE OF THE  
*STORM*



*Building Memories With Loved Ones Living With Dementia*

# What to observe?

## #1: Symptoms of Dementia



EACH PERSON'S DEMENTIA JOURNEY IS **UNIQUE**. AS FRIENDS AND FAMILY, IT IS IMPORTANT TO OBSERVE THE BEHAVIOURS AND **BE SUPPORTIVE WITHOUT JUDGEMENT**.

## DID YOU KNOW?



DEMENTIA CAN BEGIN AS EARLY AS **30S AND 40S**. IT IS KNOWN AS **EARLY ONSET DEMENTIA\***.

\*Adapted from <https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia>  
Video Extract from Going Home: A short film on Dementia - YouTube

A SIMPLE WAY TO REMEMBER THE SIGNS OF DEMENTIA IS TO THINK OF **ABCD**:



### ACTIVITIES OF DAILY LIVING

Unable or less able to do **daily activities** such as buttoning clothes, showering, eating etc.



### BEHAVIOURAL CHANGES

Changes to **mood and personality**. For example: Becoming **socially withdrawn** and **losing interest** in activities or hobbies.



### COGNITIVE DECLINE

Unable to make **decisions** and perform **calculations**. May also be **forgetful** and have problems recalling the right word or names.



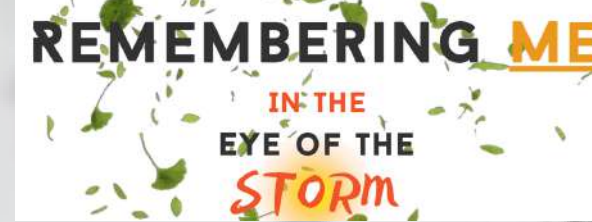
### DISOREINTATION

Difficulty differentiating **time, place and space**. This may lead to **getting lost** in familiar environments.

Adapted from <https://dementiafriendly.sg/Home/GuidePre>

# Seasons of Change

## #2: Stages of Dementia



At this moment, Dementia is a degenerative condition with no cure.

However, the better we understand Dementia, the better we are able to manage and slow down the cognitive decline through medication and engaging activities.



### E A R L Y

- Occasionally Forgetting things
- Repeating words
- Isolating themselves
- Irritable and tired often

### M O D E R A T E

- Getting lost in familiar places
- Problems with communication
- Neglecting personal hygiene and welfare
- Misplacing items more frequently
- Forgetting the names of common objects, familiar people, important occasions (i.e. birthdays)
- Poor or decreased judgement



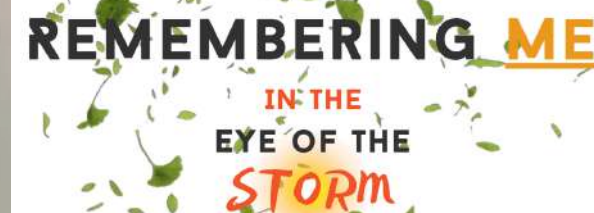
### A D V A N C E D

- Lost of mobility and ability to complete daily tasks on their own
- Losing ability to communicate
- Swallowing problems



# My Confusing World

## #3: What does Depression feel like?



### (Insights) Beyond Dementia



Persons with dementia are like you and I

They have good days and bad days

They want to be loved and surrounded by things that are familiar



Dementia is not a choice

They have no control of what runs through their minds

They can be loved, with gentleness, patience and grace

By the caring families that surround them

Picture yourself waking up each day,

Trying to remember yourself and the environment around you.

It's a scary experience to endure each day.



## In Here\*

Written by Joy Adderton

*Hello, I'm in here  
You talk above me, as you call me dear  
I'm trapped in this old decaying shell  
But I am in here amidst my own private hell*

*You talk to your co-workers of family and friends  
While you bathe me and dress me the message you send  
Is that you really don't care who lies here, who I am  
You just want your work finished, you don't give a damn*

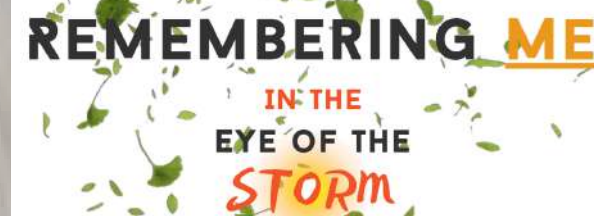
*I once was important just like you are  
To family and friends I'd travel so far  
To comfort in death or share in their joy*

*So to you and your friends I must employ  
As I lie here immobile, helpless, diseased  
Talk to me anyway, I beg you oh please  
I need to know that I still exist  
I may not respond but please do persist I'm in here*



# Moments of Joy

## #4: Celebrating Individuality



### A. LIFE STORY

- What did they previously do for work?
- What hobbies do/did they have?
- What makes them happy?



### C. ACTIVITIES

- Painting, drawing
- Scrapbooking
- Setting a table,
- Sorting items by colour,
- Folding clothes, pairing socks,
- Dancing or listening to music,
- Mahjong
- Gentle massages,
- Short walks.



### B. COMMUNICATION

- Be encouraging
- Listen patiently regardless of whether you agree
- Calm them down when they are anxious or scared

### D. STRENGTHS

Motor Skills

Sensory Skills

Social Skills

Cognitive Skills



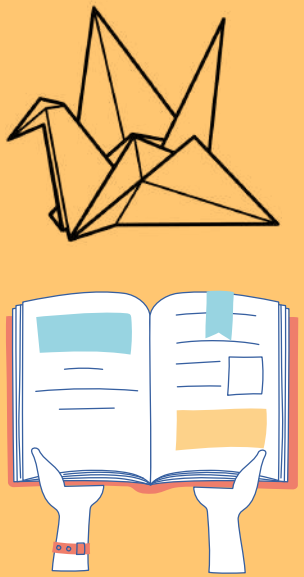
Carrying, cutting and pouring could be utilised by getting the person to help serve food and drink.



Listening, smelling and sight could be used in the arranging of flowers.



Making conversation, humour and leadership skills can be used in discussions

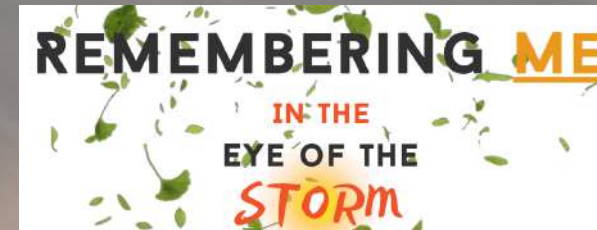


Counting, reading aloud and sorting could be utilised in reading, games or puzzles.



# One Call Away

## #5: How to get help?



**SEEKING HELP IS NOT A SIGN OF WEAKNESS. RATHER, IT IS A SIGN OF STRENGTH TO HELP YOURSELF OR OTHERS.**

### DEMENTIA-RELATED RESOURCES:



- Caregiver Services: Respite, Support Groups, Support Networks



- Community Mental Health Services: CREST & COMIT



- "Keeping Love Alive as Memories fade: The 5 Love Languages and the Alzheimer's Journey" by Deborah Barr



- Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers by Jolene Brackey



- House of Memories App (Available for iOS and Android)

Learn more at [bit.ly/DementiaSG](https://bit.ly/DementiaSG)

## At AWWA CREST...



### Dementia and Depression Screening

Our staff are trained in conducting FREE brief screenings for Dementia and Depression.



### Casework and Caregiver Support

You and your family will not be alone. A Social Work Practitioner will be present to discuss care plans and monitor your family's situation. We also share caregiver-related resources monthly through a WhatsApp Broadcast Network and our own groupwork sessions.



### Preventative Activities

Our team conducts activities to reduce the onset of dementia such as HAPPY exercise and handicraft programs etc.



If you are interested, please contact us at [9784 9247](tel:97849247) (Mon - Fri, 9AM - 6PM) or email us at [crest@awwa.org.sg](mailto:crest@awwa.org.sg)

We currently only serve the Woodlands, Sembawang and Yio Chu Kang Regions. If you live outside of these boundaries, please kindly write to [ccmh@aic.sg](mailto:ccmh@aic.sg) who will link you with the respective community services.