

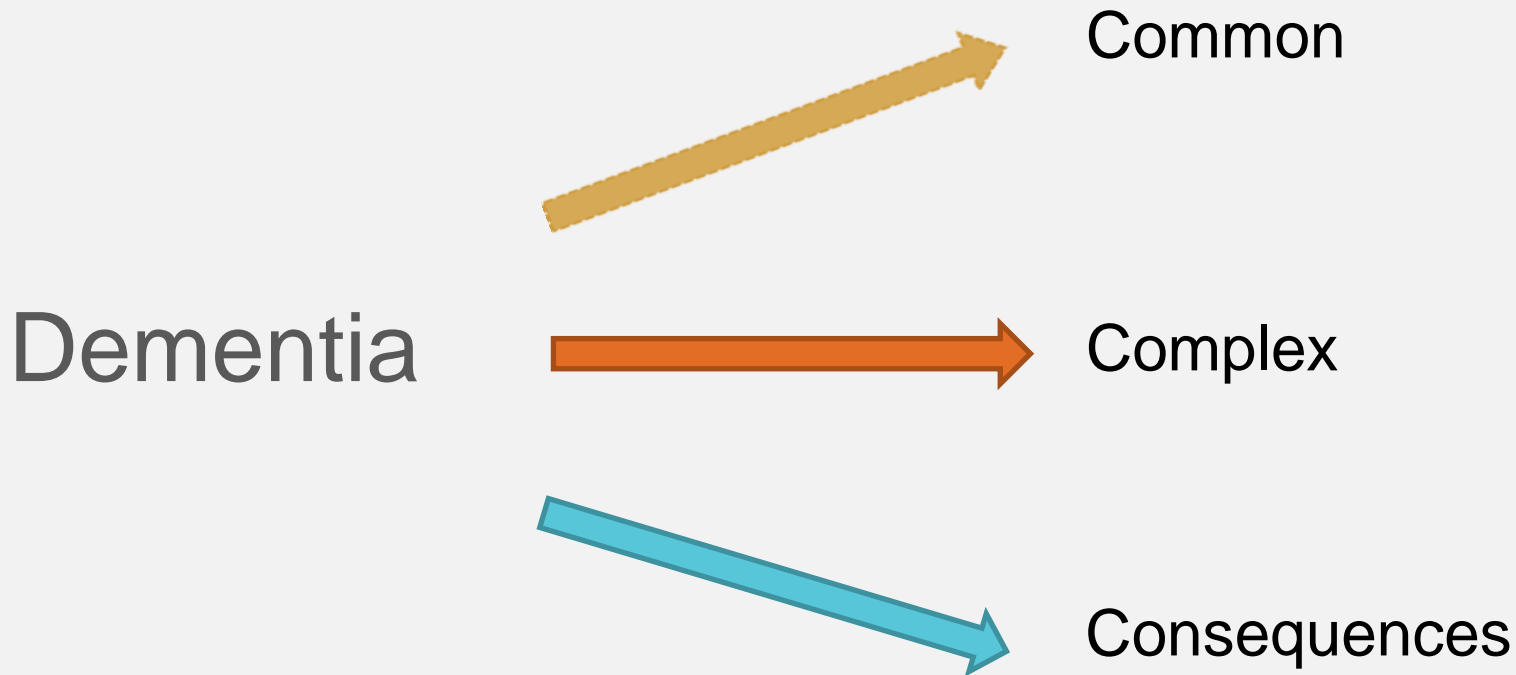
Palliative Care, Dementia Care & Relationship-Centred Care: The Synergies



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Why is it Important to Consider Dementia?



Dementia is Common

- In Canada, approximately 500,000 individuals living with dementia (Rising Tide, 2010)
 - By 2038, expected to rise to 1.25 million (Rising Tide, 2010)
- 65% or more of LTC residents have dementia (Alzheimer Society of Ontario, 2010)
- Over 2/3 of deaths of individuals with dementia occur in the LTC home (Mitchell et al., 2005)

Dementia is Complex

- Dementia initially affects cognitive functions but in time leaves people unable to communicate and care for themselves
 - ✦ Challenges with communication can make it difficult to understand the wishes of individuals, including at the end of life
- The way dementia progresses, and the timing of the progression, varies among individuals
- Some individuals with dementia have responsive behaviours which can affect how individuals are perceived and cared for
- Progressive life limiting disease where people could benefit by PC

Dementia has (Undesired) Consequences

- Individuals with dementia may be ‘shut out’ of decisions
- Dementia may limit staff’s ability/desire to look for ways to engage individuals with dementia and establish meaningful relationships
- Wishes of persons with dementia may not be determined or followed
- End-of-life care needs of residents / families may not be considered

DEMENTIA = OPPORTUNITIES

“Insanity is doing the same thing, over and over again, but expecting different results.”

Albert Einstein

Dementia provides Opportunities

- By understanding – and acting – in a way which demonstrates that individuals living with dementia can participate and want to be involved
- How do we make that shift?
 - By focusing on relationships

Relationship-Centred Care

- Person-centred care focuses on the relationship between staff and residents
- Relationship-centred care extends beyond this to include all of those involved in LTC
(Brown Wilson, 2008)
 - Staff ↔ Resident
 - Resident ↔ Resident
 - Staff ↔ Family
 - Staff ↔ Other staff & Community Partners

Relationship-Centred Care

- Interdependence is the key to relationship-centred care (Nolan, 2006)
- Relationships develop through the provision of care (Brown Wilson, 2007)
- Relationships with all partners in the care process are central to life within a LTC home (Davies & Brown Wilson, 2007)

WHAT ARE THE OPPORTUNITIES FOR RESIDENTS WITH DEMENTIA AT THE END OF LIFE?

Palliative Care

- Philosophy of care and a set of interventions aimed at enhancing quality of life
- Focus on advance care planning
- Involves plans that are resident-centred and multi-dimensional
- Interprofessional approach
- Importance of family education and support is recognized

Palliative Care and Dementia Care: The Synergies

Palliative Care

- Philosophy of care and unique set of interventions to enhance quality of life

Dementia Care / RCC

- Dementia care and relationship-centred care also involve a philosophy of care
- Ultimate aims are to enhance quality of life as well as quality of work life for staff

Palliative Care and Dementia Care: The Synergies

Palliative Care

- Focus on advanced care planning

Dementia Care / RCC

- Speaks to the need to respect wishes and choices of persons with dementia
- Done through establishing meaningful relationships
- Staff search for ways to enable residents to have input / to have their voices heard

Palliative Care and Dementia Care: The Synergies

Palliative Care

- Plan of care is:
 - a) resident-centred &
 - b) multi-dimensional

Dementia Care / RCC

- To be resident-centred, wishes of resident must be known and respected.
- Can occur through relationships
- All residents have multiple needs that should be understood and addressed
- Dementia does not define the person

Palliative Care and Dementia Care: The Synergies

Palliative Care

- Utilizes an interprofessional approach

Dementia Care / RCC

- Multiple individuals involved in care (palliative or dementia)
- Important that all voices are heard and skills are valued
- Together the multi-dimensional needs of individuals can be met
- Use of community partners to support relationship-centred care

Palliative Care and Dementia Care: The Synergies

Palliative Care

- Family education & support are important

Dementia Care / RCC

- In RCC, family members are key partners in care relationship
- Support and enable families to be active and informed partners
- Includes hearing from them about their needs
- Education & support can meet needs

Conclusions

- Dementia is a common phenomenon in LTC that presents complexities for care and has the potential for undesired consequences
- Palliative care and relationship-centred care share common goals
- Need to ensure that all partners can be active participants by enabling their voices to be heard and through the provision of education and support

Conclusions

- By understanding the synergies between these philosophies:
 - Residents with dementia can experience a “good death”
 - Families can feel involved, heard and supported
 - Staff can feel valued and proud of the care they provided
 - Community partners can support staff in providing relationship-centred care

Further Information

Visit our website

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Special Thanks to...



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