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Relationship based memory care

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Abstract

Dementia is the sixth leading cause of death in the United States. There are over 15 million caregivers supporting loved ones with dementia. More than 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of care giving as high or very high and one-third report symptoms of depression. Given these numbers, an approach that is helpful and effective for both the person with dementia and the care giver is important. Approaching this vulnerable population, both the family and the person with dementia, with compassion and holistic care is essential.

Searching for an approach to care for that will be effective for both the caregiver and the person with dementia can seem overwhelming. However, in Burford England a wraparound model of care has been in place for over twenty years. Results with this method demonstrate decreased anxiety for both the caregiver and the person with dementia. This approach also shows that the care giver will provide care that is respectful and maintain dignity throughout the dementia disease for both the person and the family.

Based on the foundational principles of person centered care, this session will provide participants a framework and relational strategies that have positive impact when caring for dementia clients and their family. An emerging behavioral approach will be described with expected measurable results that can be achieved for the person with dementia and the care team. This will be a practical "hands on" approach to care, allowing participants to have an experiential learning session.

Biography

Margo Karsten has over eighteen years experience in leading, directing, and developing organizational strategy and culture change which has had a positive impact on employees, physicians, patients and families. She achieved Malcolm Baldridge recognition, Magnet designation and several national quality awards. Her recent experience is in academics, teaching evidenced based practice, finance, leadership and emerging health care trends.

She received Ph.D. in Organizational Development/Change Management, from Colorado State University, master's degree in Nursing Administration from the University of New Mexico, and a Bachelor of Science in Nursing from the University of Minnesota. Recently, she is trained in an innovative model for dementia care in Burford England.

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