



# Discussion Guide for

## RECOGNIZING AND RESPONDING TO EMOTION IN PERSONS WITH DEMENTIA

### BEFORE SHOWING THE TAPE

#### ROLE PLAYING OPENING EXERCISE

To engage your audience and to illustrate the difficulty of expressing one's likes and dislikes when suffering from dementia, try this exercise. Imagine you can't tell anyone how you feel. Pick one of the emotions. Then try to communicate that emotion to a partner using only facial expressions and body language.

#### INTRODUCE THE VIDEOTAPE

You may introduce the program by making the following points:

- dementia people often have lost the ability to tell you how they feel.
- It is up to you, as a sensitive caregiver, to tune in to the subtle nonverbal signs they give in order to recognize how they're feeling.
- Sometimes the signs are very subtle and fleeting, but the skill of recognizing these signs can be learned and improved.
- This videotape will focus on five emotions and their signs.

### DISPLAY THE POSTER

#### REVIEW THE PROGRAM GOALS

#### MIDWAY THROUGH THE TAPE

Stop the videotape where indicated (approximately ten minutes from the beginning).

Display the poster for reference and use the questions to stimulate discussion.

#### DISCUSSION QUESTIONS

- before you left home, what signs of these emotions did you see from your loved ones?
- Which emotions have you felt today?
- Think of residents you care for, which emotions do you see most often? Which are easiest to recognize? Which are most difficult?
- After several minutes of discussion, restart the videotape. There will be a review of the signs of the five emotions and more examples.

#### FOLLOW-UP

After watching the videotape, encourage open dialogue about how to use this skill of recognizing emotion to care for persons with dementia.

### DISCUSSION QUESTIONS

How important is it to recognize emotion in the residents you care for? How does it help you?

Think about the people you care for. Who enjoys lively activities the most? Who enjoys lively activities the least? How do you know they feel that way?

How can you use this skill of reading emotion to guide how you care for people with dementia?

Have you learned anything you didn't know?

#### PRACTICE OBSERVING

Ask groups of two or three to observe a resident for five minutes. Being careful not to draw attention to themselves. Have them note the signs and emotions they see, then discuss their observation. It may be helpful to provide photocopies of the list of emotions and signs printed on the back.

#### PROGRAM GOALS

- To acknowledge the professional caregiver as an important member of the care team.
- To increase sensitivity to facial expressions, body language and voice quality that are signs of emotions.

- To learn to read the signs of five emotions: interest, anger, anxiety, sadness, pleasure

- To encourage the use of this skill of recognizing emotion to improve the quality of life persons with dementia.

#### THE ROLE OF THE FACILITATOR ...

Although this video may be viewed independently, its effectiveness can be enhanced by viewing it in a small group (8-10) with a facilitator. The skills in the program are best developed through practice and discussion with other care providers.

As a facilitator, you should foster an interactive viewing environment. This guide suggests ways for you to engage your audience before viewing the video. It also provides Discussion Questions to stimulate dialogue at a midway point and as follow-up to encourage the application of these skills in providing care. The signs of emotions are often subtle and difficult to pick up. Your contribution to the training will be greatest if you watch the videotape carefully prior to presenting to a group.



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### INTEREST

Participating in a task; maintaining eye contact; eyes following object or person; looking around room; responding by moving or saying something; turning body or moving toward a person or object.

### ANXIETY

shrieking; repetitive calling out; restlessness; wincing; repeated or agitated movement; thinkle; lines across the forehead; hand wringing; tremor; leg jiggling; rapid breathing; eyes wide; tight facial muscles.

### ANGER

Physical aggression; yelling; cursing; berating; shaking fists; drawing eyebrows together; clenching teeth; pursing lips; narrowing eyes; making distancing gesture.

### SADNESS

Crying, frowning; eyes drooping; moaning; sighing, head in hand.

### PLEASURE

Laughing; singing; smiling; kissing; stroking or gently touching others; reaching out warmly; responding to music (only if paired with another sign of pleasure).

### PROGRAMS DETAILS

#### LENGTH:

20 minutes

#### SUBJECT AREAS:

Geriatric Caregiving

#### AUDIENCE LEVELS:

Adult-Professional

#### ORDER NUMBER:

9-7413SG

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