



How Can We Help?

Supporting Neighbors and Community Members Impacted by Dementia

Duke Dementia Family Support Program

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DukeHealth



Today's Agenda

- Introduce the Duke Dementia Family Support Program.
- Review the stages of dementia.
- Identify ways to support neighbors and friends living with dementia and their care partners.

Duke Dementia Family Support Program

A service for individuals living with memory loss, their families, and professionals caring for persons with memory disorders.

Founded at Duke in 1980.



Who We Are



Barbara "Bobbi" Matchar
MSW, MHA, Director



Cornelia Poer
MSW, LCSW, Social Worker



Janeli McNeal
MSW, Social Worker



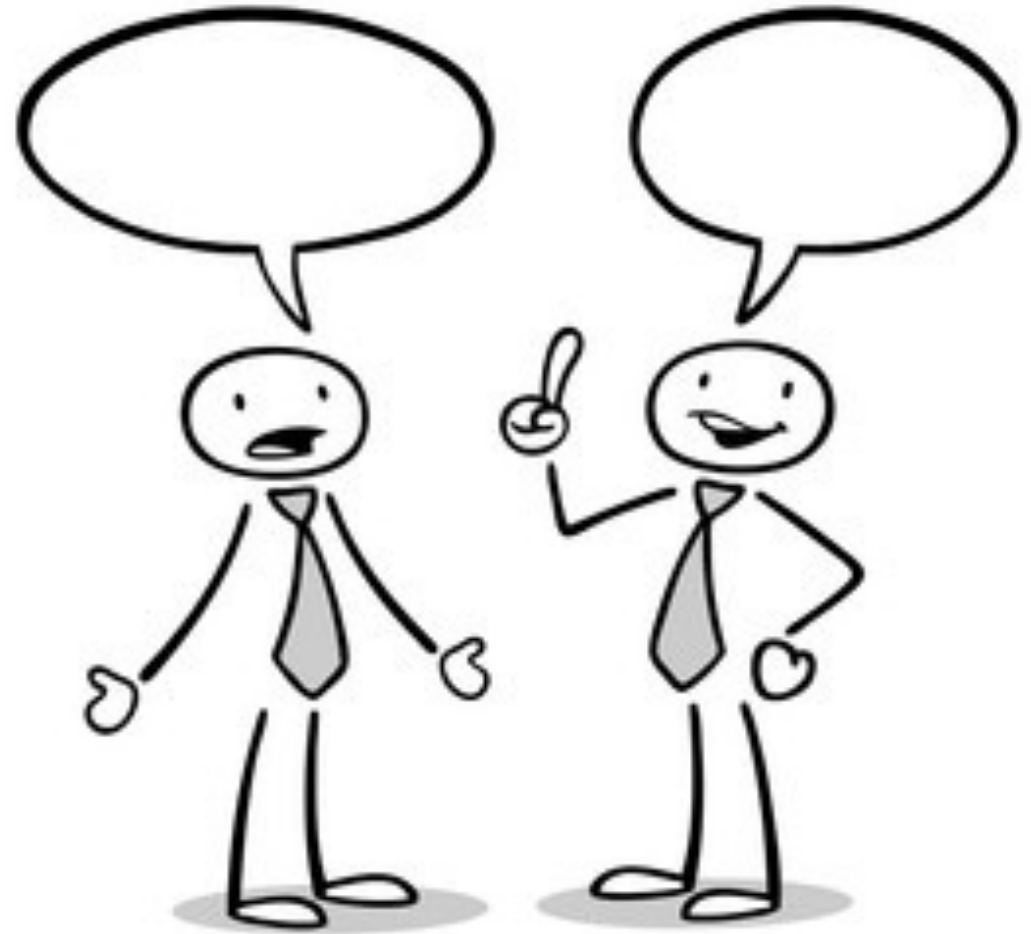
Natalie Leary
MSW, LCSW, Social Worker



Tiffany Summers
MSW, LCSW, Social Worker

What We Offer

- Information & referral
- Support
- Engagement programs
- Education
- Project C.A.R.E.
- Triangle Area E-News





DDFSP Support Groups

African American Dementia Care Partner Group

Daughters Concerned for Aging Relatives Group

Duke Dementia Evening Care Partner Group

Duke Dementia Morning Care Partner Group

Long-Term Care Community Group

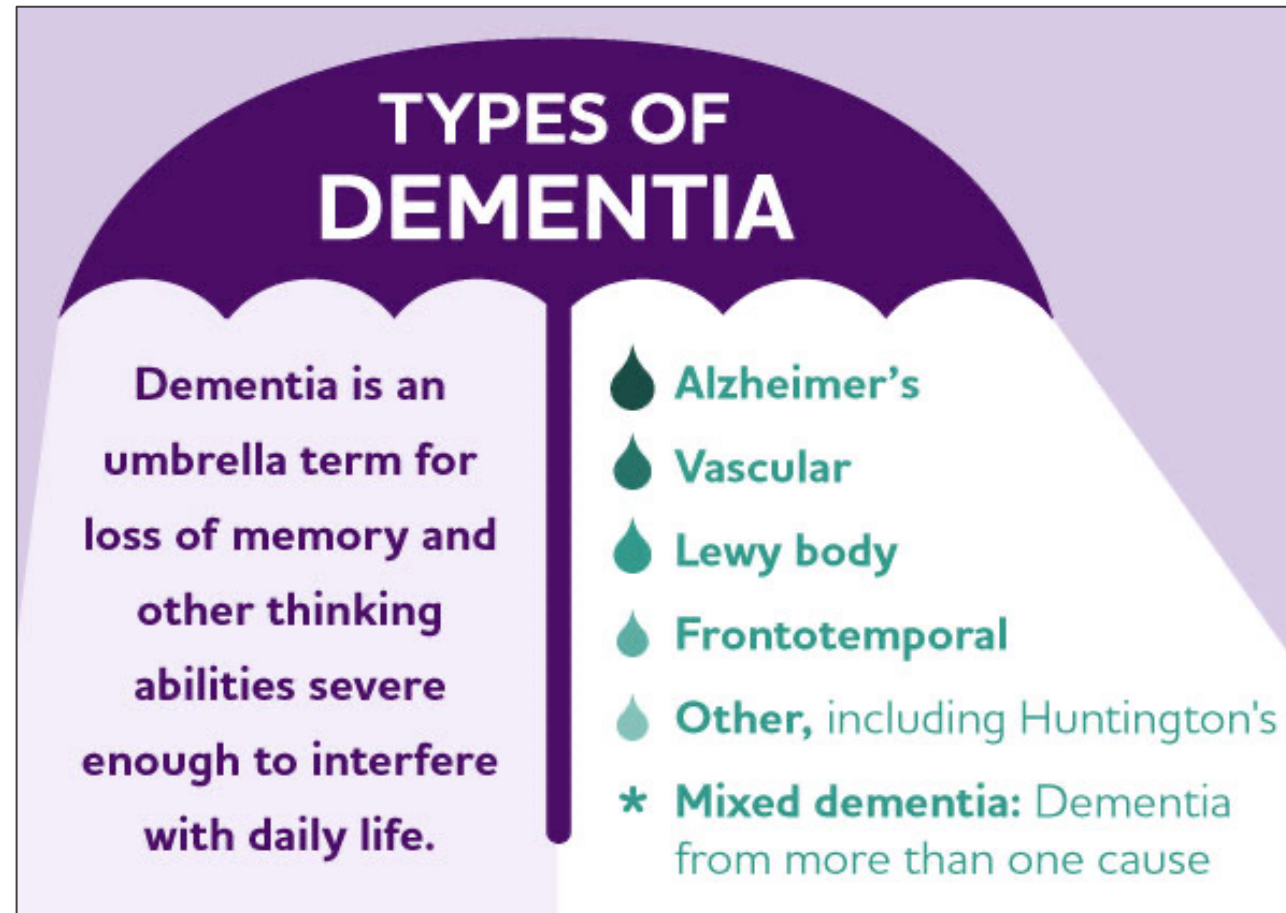
Memory Makers Early-Stage Memory Loss Educational Group

Persons Living With Memory Loss Group

Younger-Onset Group



Dementia or Alzheimer's?



<https://www.alz.org>



What *might* be
going on
behind closed
doors?



The Journey to the Diagnosis



Long

Not Linear

Complex



Early or Mild Stage

Subtle changes in personality



Trouble with word finding



Challenge retaining new information



Compromised ability to plan and organize



Middle or Moderate Stage

Increased challenges organizing, planning, and following instructions

Assistance with personal care needs

Roaming or wandering

Long-term memory is more compromised

The onset of delusions, paranoia, and hallucinations



Late or Advanced Stage

Likely to require total care with personal care needs

Significant changes in mobility

Nominal verbal skills

May not recognize familiar people

Consider palliative or hospice care

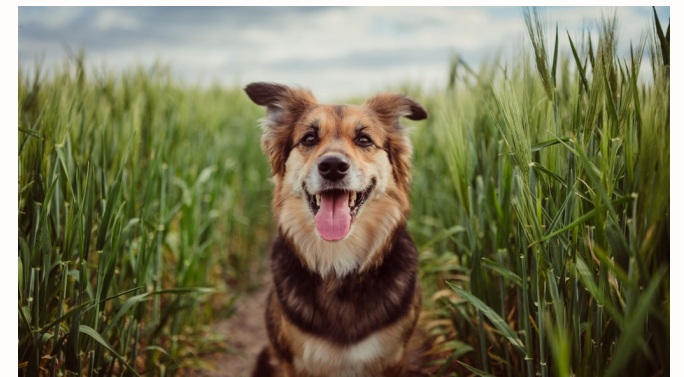
Janice and David & Anne and John

Janice and David (early-stage dementia)

- David, a retired chemist, diagnosed 3 years ago
- David no longer drives, and Janice has taken over the finances
- Both attend support groups and Nasher Art program

Anne and John (middle-stage Alzheimer's)

- John was diagnosed several years ago
- John has started to wander and has frequent falls
- John attends an adult day program



Daniel and Laura & Marie and Tom

Daniel and Laura (middle-stage Alzheimer's)

- Laura was diagnosed in her mid-70s
- Home care for bathing and supervision
- Daniel is looking for a memory care facility



Marie and Tom (late-stage frontotemporal dementia)

- Tom diagnosed with FTD in his late 50s
- Tom doesn't recognize Marie
- Tom lives in a skilled nursing home



Janice & David

“It would be so nice if a friend or neighbor would offer to **be a friend** to Dave. Activities like taking him for a drive or out to lunch. Or come over to just talk with him or share an interesting story in the newspaper and have a cup of coffee. Dave loves movies and he would love joining a friend. Our friends just dropped me and Dave as friends.”



Anne & John

The **best help is simple and committed to a regular schedule**. Some examples:

- I'll come every Monday 3-4 and take John for a drive.
- I'll come on Saturday morning, and we can walk the dog.
- We'll listen to a playlist on the deck.
- Drive to the train station to watch the Carolinian come in.
- Go to a drive-through – Cook Out has 25 shake flavors
- Let's all work on a puzzle together.
- Take a couple to a Durham Bulls game.



Daniel & Laura

“One thing that friends can do is **maintain a presence**. As my wife's symptoms increased over time, most of her friends vanished – just vanished without any warning or conversation. No calls. No visits. No cards.

My advice to a friend would be to do whatever you are comfortable doing – it doesn't matter what it is – just do something you are comfortable with to maintain some type of presence.”



Marie & Tom



“While Tom was home, I realized how lonely I was not having a partner to discuss the daily small stuff and worldly things with. I had some neighbors who seemed to realize that and would engage in intellectual conversations as well as help **bring humor into my life**. Tom always brought the humorous side of life that I needed. So, I guess helping someone laugh in even the most difficult of situations can be miraculous to a caregiver’s well-being.”

From other caregivers



Ask about both of us. We both still exists!

The best support I had was from close friends who continued to invite us to dinners, dining out, holiday celebrations and musical events.

A friend has provided transportation when I needed it. That is really helpful.

A cousin invited us over for a dinner, freeing me from having to cook. She then gave us food to take home for another meal.

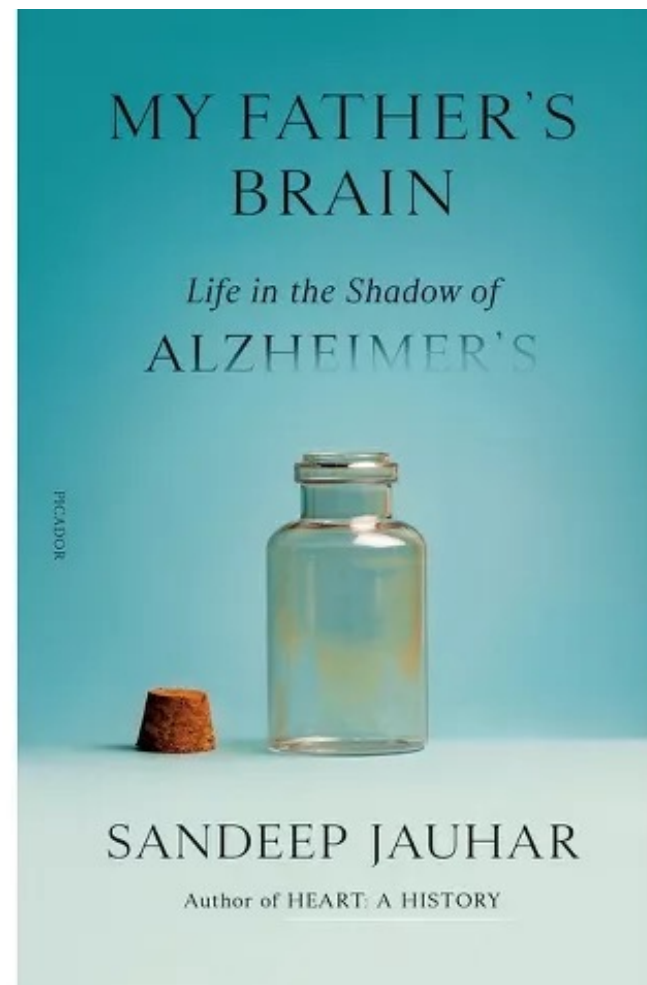
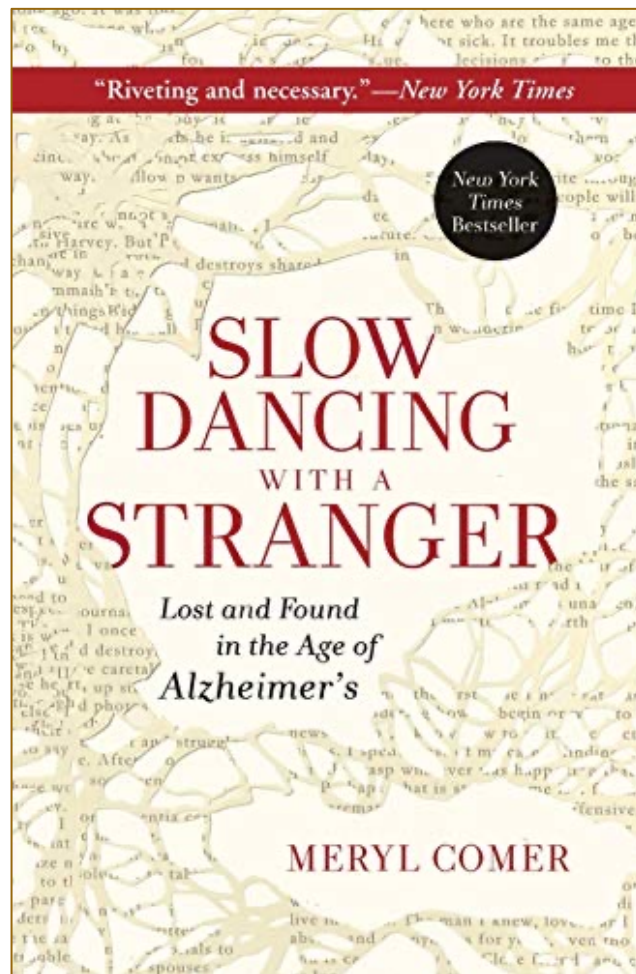
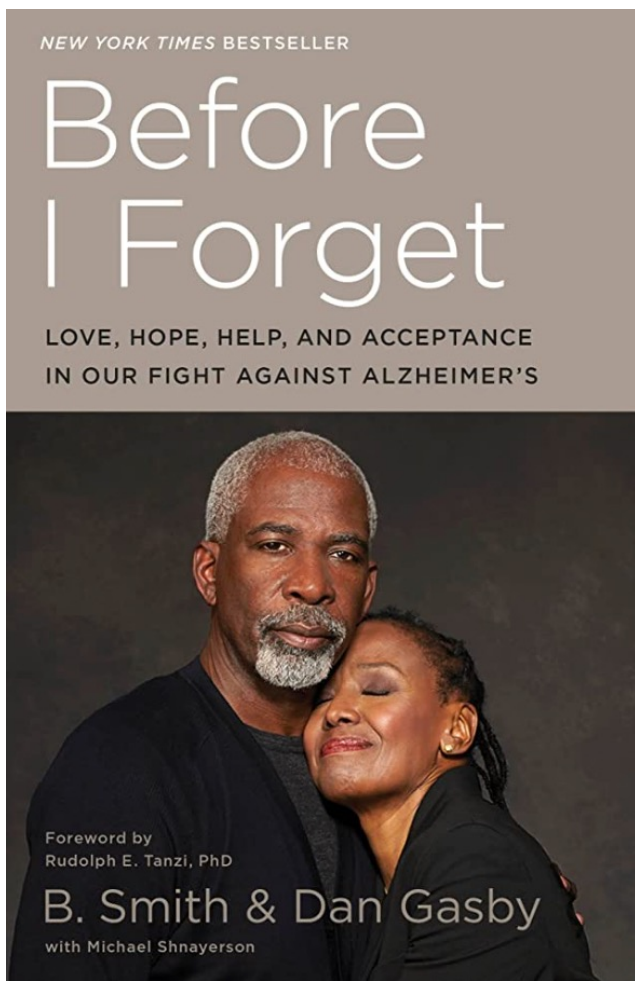


More Ways to Help

- Be aware of social façades
- Resist giving treatment advice
- Avoid quizzing and correcting
- Consider tangible ways to help



Books by Care Partners





Connect with Us

No referral needed

Call 919-660-7510

Email DDFSP@duke.edu

Website dukefamilysupport.org
