Creating Montessori Environments

‘Changing the world of Older People including those living with dementia’

Presented by: Anne Kelly
If you’re passionate about something, then you should pick up your flag and run with it.

Bette Midler
For my darling wife I write to you...
- Residents are woken in the morning
- Food is served only just warm
• residents spend most of the time sleeping because they’re bored to death
• Bedroom doors are locked
• medication is given in the middle of meals
• If meals are served on trays
• Residents wear bibs
- If language used is condescending &/or childish, or patronising – such as – ‘Good boy” or “Good Morning sweetheart”
- Staff are focused on the task rather then the resident and their needs
- Staff, residents, visitors & others do not wear name badges
Excess Disability

- **Actual** disability is the disability associated with the disease.

- **Excess** disability is not a result of the disease. It arises from the *disuse of remaining abilities*.

(Dawson, Wells & Kline, 1993)

Montessori Ageing Support Services, 2015
Goal: Prevention of excess disability

Thank you but I can do that for myself

Montessori Ageing Support Services, 2015
Please engage me in life!

Montessori Ageing Support Services, 2015
Montessori: A Non-Pharmacological Intervention for Dementia

Montessori Ageing Support Services, 2015
A Little About Dementia
Dementia

Australia

• Access Economics, 2012, an estimated 342,000 Australians live with dementia.

• Currently, 1800 new cases of dementia every week – one person diagnosed every 6 minutes

• Expected to be 7,400 per week by 2050

Montessori Ageing Support Services, 2015
Dementia

International

• There are 44 million people living with dementia in the world
• 135 million are predicted by 2050
• If dementia were a country, it would be the world’s 18th largest country
Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person’s functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and physical functioning.

Alzheimer’s Australia, 2015

Montessori Ageing Support Services, 2015
Rule out reversible causes of dementia

Vascular Dementia

Alzheimer’s Type Dementia

Lewy Body Disease

Fronto-temporal Dementias

Depression

Delirium

Montessori Ageing Support Services, 2015
An easy way to understand the progression of dementia...

Early

Middle

Late
Anosognosia

A - no
Nosos – illness
Gnosia – knowledge

Paradox of dementia -
Don’t know they don’t know

Forget that they forget

So if they don’t know they need help,
why will they let you help?

Montessori Ageing Support Services, 2015
The more impaired the individual
the more likely
the environment accounts
for their behaviour

Montessori Ageing Support Services, 2015
And another person says...

“Alzheimer’s is worse than any war camp I was in. Soon, I may not remember who I am.”
Creating Montessori Environments embraces research from diverse disciplines.

Montessori Environments for Aged Care

Dr. Cameron Camp
Dr. Maria Montessori
Dr. Michelle Bourgeois

Research from multiple disciplines
Research & experience from those who have put MMD into practice over many years – Gail Elliot, Jennifer Brush, Anne Kelly

Montessori Ageing Support Services, 2015
Montessori’s philosophy (vision) makes a perfect mission statement for dementia care:

To enable individuals to be as independent as possible, to have a meaningful place in their community, to have high self-esteem, and to have the chance to make choices and meaningful contributions to their community.

Montessori Ageing Support Services, 2015
Dr. Montessori’s fundamental belief:

• The prepared environment provides opportunities for social roles, expression, supports, and interpersonal connections and social abilities that promote social confidence and an atmosphere of both caring and being cared about.

• The prepared environment also provides the materials & support required that can be used to maintain or enhance abilities, self-confidence and independence.
The How is in the WOW

Who
- What do you know about this person
- Biographical narrative important (needs, interests, skills and abilities – past and present)

Observations
Why the behaviour?
When are they happy, sad?
Can they find their room, toilet?
What do they need help with?
Are there responsive behaviours?

What?
What are you going to do?
- Activities
- Roles and routines
- Cognitive supports & Cueing
Never Forget!

• Behind the impairment is a person with a past, a present and a future

Montessori Ageing Support Services, 2015
Declarative Memory (Explicit)

Facts

Events

World Knowledge

Vocabulary

Procedural Memory (Implicit)

Skills

Habits

Simple Classical Conditioning

Priming

Memory

Squire (1994)

Montessori Ageing Support Services, 2015
The Prepared Environment: Declarative Memory needs to be supported

- Facts
- Practical life & activity Details
- Finding things & my way
- Sequencing
  - Placing things in order

Personal history

Montessori Ageing Support Services, 2015
Microwave

1. Press OPEN button
2. Place plate in CENTRE of microwave
3. CLOSE door
4. TURN time dial to desired minutes
5. When you hear a “DING” the food is ready
6. Food is HOT, be careful
Please have a drink
Please Polish Cutlery.
Today is
Monday 26th
September
2011

Coming Event
Tuesday 27th
September
5pm
BBQ

Montessori Ageing Support Services, 2015
Please Roll Bandages

Rolled Bandages
Task breakdown for Dressing

1. Sit
2. Put on underpants
3. Put on socks
4. Put on pants
5. Put on shirt

Montessori Ageing Support Services, 2015
Instructions for going to the toilet
(can be posted on back of toilet door or on wall)

• Pull down my pants
• Grab handrails and sit down
• Do my business
• Wipe with paper
• Flush
• Pull up my pants
• Wash my hands with soap and water
• Dry my hands on towel

Montessori Ageing Support Services, 2015
RESEARCH SAYS...

...when we use external memory aids and prompts, persons with dementia:

• display an increased level of engagement with their environment,
• spend less time sleeping and,
• use an enhanced level of communication

(Bourgeois, 1990; Judge, Camp and Orsulic-Jeras, 2000; Orsulic-Jeras, Schneider, Camp, Nicholson and Helbig, 2001)
Procedural Memory?

- Habits
- Motor learning (skills)
- Repetitive priming
- Simple Classical conditioning

Montessori Ageing Support Services, 2015
Procedural memory! Habits.

Montessori Ageing Support Services, 2015
Procedural Memory: Skills
(overly learned to various levels of competence.)

Montessori Ageing Support Services, 2015
Repetitive Priming

In other words the person gets better with practice -
- even if the person does not remember having learned the information, task or behaviour
Another Example:

- by playing the same song every day before meals...

...residents will round each other up and make their way to the dining room on their own
Reading

• *Preserving a Preserved Habit*
Prepared Environment - Roles

Enable people to have social roles, interpersonal connections and meaningful activity as part of their daily routine

Montessori Ageing Support Services, 2015
• Newspaper Delivery
• Orientation board update
• Joke of the day
• Greeters
• De-Bugger Person
• Hand out aprons
• Newsletter creation
• Baking: reading instructions

• Roving Reporter
• Welcomer
• Feeding animals
• Clean handrails
• Clean doorknobs
• Key sorter
• Paper shredding
• Shoe Shine
• Drinks Waiter

Montessori Ageing Support Services, 2015
Esther's Cue Cards

Esther
It is time to set your table in the Dining Room
Thanking You

Esther's Schedule

Please collect the morning tea from the kitchen
Every day holds the possibility of a miracle

Montessori Ageing Support Services, 2015
Prepared Environment - Activities

Enable people to have meaningful activities for enjoyment, independence, skill maintenance or learning or re-learning skills
Category Sorting Activities

Animals

Plants

Montessori Ageing Support Services, 2015
Category Sorting Activity Made by (and for) Low Functioning Clients

Princess Diana

Queen Elizabeth
Sorts can be easily made
ACROSS
1 Name of street I lived in after getting married
4 Number of girls in my childhood family
5 Type of shop I owned
7 Youngest sisters name
8 Black dog I owned for many years
10 What my husband did for a living
12 Oldest Sisters name
15 Pet I had as a child
16 Street where I live now
18 Lifelong friend

DOWN
1 Mothers name
2 Name of Daughter
3 I went here on my first trip out of Tasmania
5 Grandsons name
9 Husband’s Name
11 Fathers name
Montessori Ageing Support Services, 2015
Cognitive Stimulation – pushing the brain to work
Workstations & Interactive Wall Spaces

These are areas where residents/clients can find interesting, fun and/or meaningful activities things to do, e.g., folding tea towels, pairing socks, sorting or stacking goods or reading or polishing shoes.

Please fold the towels
Please Polish Cutlery.

Please Polish Shoes.
Please match the animal picture and the name.

Bitte Tiernamen mit passenden Bild einordnen.
WASHING DAY

What day did you do your washing?

Can you fold towels?

Can you find the hand wringer?

Did you boil your sheets in a copper?
Please put the flowers in the...

Montessori Ageing Support Services, 2015
“Life is given meaning by what we do”
We are what we do:
Small actions x lots of people
= big change

Montessori Ageing Support Services, 2015
How will we do this?

• One step at a time!
Creating Montessori Environments Training

• Accredited Course
• 0066NAT Course in Developing Montessori Environments for Aged Care
• Two day Workshop – first day providing the theory of the ‘why’ - second day provides the ‘how’
• Assessment Tasks – transferring of knowledge and skill from classroom into work environment
• Please like us on Facebook – Montessori for Dementia and Ageing

Montessori Ageing Support Services, 2015
WE ARE TALKING ABOUT A REVOLUTION

Montessori Ageing Support Services, 2015
Tuesday and Wednesday, 10 and 11 November 2015
9:00am-5:00pm, Crowne Plaza Coogee Beach, 242 Arden Street, Coogee

WE ARE TALKING ABOUT A REVOLUTION

SCHEDULE

DAY ONE: TUESDAY 10 NOVEMBER 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am – 9:00am</td>
<td>Registration &amp; Exhibitors</td>
</tr>
<tr>
<td>8:30am – 9:00am</td>
<td>SESSION 1</td>
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<tr>
<td>9:00am – 9:10am</td>
<td>Welcome – Christne Harrison, President, Montessori Australia Foundation and Anne Kelly, Managing Director, Montessori Aged Support Services</td>
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<tr>
<td>9:10am – 9:20am</td>
<td>Official Opening – Sue Pieters-Hawke</td>
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<tr>
<td>9:20am – 10:25am</td>
<td>The Prepared Environment: From the Classroom to the Care Centre – Annette Haines and Jennifer Brush</td>
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<tr>
<td>10:25am</td>
<td>Memorable Moment</td>
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<tr>
<td>10:30am – 11:00am</td>
<td>Morning Tea</td>
</tr>
<tr>
<td>11:00am – 11:45am</td>
<td>SESSION 2</td>
</tr>
<tr>
<td>11:00am – 11:45am</td>
<td>The DementAbility Checklist for Change: Practical Strategies for Changing the Culture of Dementia Care – Gail Elliot</td>
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The environment can be designed to facilitate maximum independent learning and meaningful engagement by the child and the adult alike. In the calm, ordered space of the Montessori prepared environment, individuals experience a blend of independence and support in a place especially designed to meet their needs.

Changing the culture of dementia care begins with educating staff about new evidence-based informed practices that embrace a new philosophy, vision, mission and overall change in the organisation’s culture of care. This new emphasis, is placed on the person, rather than tasks. The focus is on enriching the lives of those living with dementia. The journey begins with organisational readiness and the commitment to educating staff, with emphasis placed on moving knowledge to practice.
Current Use of Montessori in Dementia Care

• Results of research shows the benefits as follows:
  □ Enhanced function
  □ Increased display of pleasure (smiling, laughing)
  □ Enhanced conversation abilities
  □ Decreased disruptive behaviours (wandering, repetitive questioning)
  □ Decreased ‘non-engagement behaviours’ (sleeping)
  □ Decreased ‘self-engagement behaviours’
  □ Improved family member, visitor satisfaction, and decreased family member’s sense of frustration

Montessori Ageing Support Services, 2015
Montessori Environments

• Improved relationships between staff and residents/clients

• Better visits with family

• Enhanced quality of life for person with dementia

Montessori Ageing Support Services, 2015
Changing Lives with Montessori
If there is no passion in your work, then have you really given. Find your passion, whatever it may be, become it and let it become you and you will find great things happen for you, to you and because of you.

T Alan Armstrong
Thank You