Changing Lives
from Aged Care Nurse
to
Aged Care Montessorian

Anne Kelly
August, 2016
We do need to change what we do if –

- we lock residents rooms
- Residents wear bibs
- residents are woken in the morning
- tepid pureed food is served
- residents spend most of the time sleeping when not in bed

- medication is given in the middle of meals
- Residents are changed into night attire before the evening meal.
- Residents are not given choices at the actual mealtime.
- staff are behind closed doors
- staff do things for the resident that they can do for themselves
- residents are all in bed by 6pm
- meals served on trays
Large dining tables/rooms & the use of plastic plates, cups & glasses, etc.

From this → To this

Montessori Ageing Support Services, 2016
- if language used is condescending, childish, or patronising – such as – ‘Good boy” or “Good Morning sweetheart”

- staff are focused on the task rather than the resident and their needs
- if you’re running a hospital rather than a home (medical model)
- staff, residents, visitors & others do not wear clear name badges
Montessori Environments

Dr. Cameron Camp
Linking the philosophy to dementia care

Research from multiple disciplines

Dr. Michelle Bourgeois

Dr. Maria Montessori

Gail Elliot & research, experience & experiences of those who have put MMD into practice

Montessori Ageing Support Services, 2016
Dr Montessori’s philosophy (vision) makes a perfect mission statement for aged care:
To enable persons 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 Environments can be created for... day centres, community services, hospitals, private & group homes, aged care facilities

Montessori Environments can be created and supported by... support workers, RN's, EN's, OT'S, SW's, physios, carers, psychologists, activities & lifestyle staff, volunteers, family member, friends.
This is NOT OK
It is time that we change how we provide aged care

Montessori Ageing Support Services, 2016
Developing Montessori Environments means for:

• The Person
  - appropriate roles that are built into regular routines are identified for each person
    - meaningful activities are developed to fill their day

• The Environment
  - cue cards, task breakdown and signage are used to support the person in everyday life
Montessori: A Non-Pharmacological Intervention for Dementia
The 3W's – Who, What & What

How do we do it?

Who is this person?

Life story
Likes/dislikes
Needs
Interests
Strengths
Reading ability
Diagnosis

What do you see?

Are they depressed, have delirium or pain?
Can they find their room?
Do they have a responsive behaviour?
Where is it happening?
When is it not happening?

What are you going to do?

DEVELOP & INTRODUCE
activities & roles
cues/signage
task breakdown
schedules

Evaluate
The Person

- History
- Assessment
- Responsive Behaviour
- Culture
- Diagnosis - Cognitive ability
- Lifestyle Diversity
- Memory

Montessori Ageing Support Services, 2016
Personal & Social Profile

- Diagnosis
- Pain
- Sleep patterns
- Vision
- Hearing
- Independence
- Medication
- Depression
- Delirium
- Medical Conditions
- Personality
- Motivation
- Orientation
- Abilities

Montessori Ageing Support Services, 2016
My Life Story Book

This life story book has been created to provide you, the health care-giver, with information about...

_____ <<Insert Name Here>> _____

Source: Michelle Bourgeois

Montessori Ageing Support Services, 2016
Dementia

International

• There are approx. 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 18\textsuperscript{th} largest country

Montessori Ageing Support Services, 2015
As Dementias progress, there is a decline in:
- Memory
- Language
- Ability in performing complex tasks & simple chores
- Day-night orientation
- Judgement & insight
- Attention

...and responsive behaviors may occur, i.e., wandering, agitation, irritability, delusions, hoarding, etc.
Rule out reversible causes of dementia & check for:

- Vascular Dementia
- Alzheimer’s Type Dementia
- Frontotemporal Dementias

Diagnosis - Cognitive ability:
- Depression
- Pain
- Delirium

The Person

Montessori Ageing Support Services, 2016
Strengths of Persons Living with Dementia

Every person has strengths, we just need to look for them.
Reading

• Preserving a Preserved Habit
The Person

Strengths
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)
The more you **do** for me - the more you **steal** from me!

**Goal:** Prevention of excess disability

Montessori Ageing Support Services, 2016
Montessori Environments

The methods we use when we have created a Montessori Environment are based on a model of rehabilitation. The goal is to enable individuals to circumvent existing deficits, with the purpose of not only maintaining function, but to achieve higher levels of functioning.

Montessori Environments enable people to be the best that they can be regardless of any disability, mental or physical.

Montessori Ageing Support Services, 2016
The more impaired the individual – the more likely the environment accounts for their responsive behaviour.
Dr. Maria Montessori said:  
(1966, page 162)

“But if we observe them closely, we notice that they do not listen to the answers given them, but simply keep repeating the questions. What seems to be an eager curiosity is in reality a means of keeping a person they need near at hand.”

Montessori Ageing Support Services, 2016
Look through their eyes – what do *they* think is happening?

- “It is our brain that gives us our experience of the world.” Oliver Saks (1996)
- So if our brain is impaired, these changes will influence how we experience the world
Understand *their* reality – don’t expect them to be with you in yours.
Long Term Memory

Declarative Memory (Explicit)

Episodic

Specific Facts

Autobiographical

Semantic

General World Knowledge

Grammar

The meaning of “soft”
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

Declarative

Montessori Ageing Support Services, 2015
Declarative memory is always impaired in dementia.

So we need to put the information into the environment to trigger/help the memory.
Supporting memory loss: Can use a photo to find a person's room but if the person does not recognise themselves then how can they find their room?
Support declarative loss: Wayfinding cues helps me find my way
Memory

The Person

Montessori Ageing Support Services, 2016

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
The Person

Memory

Socks  Bras  tankies
Singlets  underpants

Nighties

Jumpers

Shorts & pants
What is repetitive priming?

- A form of procedural memory
- This refers to the ability to improve performance after initial exposure to information
The Prepared Environment

- Task break down
- Scheduling & Routines
- Interactive wall spaces
- Activity areas
- Roles
- The Audit
- Visual Cues
- Dining Choice

Montessori Ageing Support Services, 2016
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.
Disguising doors
The Prepared Environment

The Design

Montessori Ageing Support Services, 2016
Disguising lifts

Montessori Ageing Support Services, 2016
The Prepared Environment

Colour Coding doors

The Design
The Prepared Environment

Murals

The Design

Montessori Ageing Support Services, 2016
The Prepared Environment

The Design

Montessori Ageing Support Services, 2016
The Prepared Environment

Dining Choice

Mashed Carrot, Peas, Mashed Potato, Pasta & Tomato, Grilled Sausages & Gravy.
The Prepared Environment

Dining Choice

Montessori Ageing Support Services, 2016
External Cueing – if the person can't store the information internally, we need to find a way for them to retrieve it externally.
• Signage enables people to ‘read and do’ independently

Please take a squirt of hand sanitiser. We want to prevent the spread of germs.
The Prepared Environment

Visual Cues

Please arrange the flowers
With appropriate and personalised modifications and visual supports...

Persons living with dementia can...

...participate in their lifelong interests and hobbies

...maintain their personal identities and roles in the community

...maintain a quality life that is noticed and valued by others

Roles are activities & tasks that are part of daily life & contribute to a person's community whether it be an aged care facility, private or group home, respite service or day centre.
Examples of older people contributing to a wider community:

- Wrapping gift soap for a small gift shop
- Compiling the Order of Service for local church
- Polishing Local Fire Brigades trophies
- Tearing paper for local animal shelter
- Sanding & painting wooden blocks for children
Every day holds the possibility of a miracle.
• Once roles are decided – they need to be put into a routine so they can be done daily or often – writing it down in a schedule will help the person to remember
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>My son James visits after work</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Dinner</td>
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</tbody>
</table>

Today’s Schedule

Montessori Ageing Support Services, 2016
## Getting Dressed

<table>
<thead>
<tr>
<th>Action</th>
<th>Clothing Item(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit in chair</td>
<td></td>
</tr>
<tr>
<td>Put on bra &amp; pants</td>
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<tr>
<td>Put on skirt</td>
<td></td>
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<tr>
<td>Put on blouse</td>
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<tr>
<td>Put on stockings &amp; shoes</td>
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<tr>
<td>Put on jocks &amp; singlet</td>
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<tr>
<td>Put on trousers</td>
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<tr>
<td>Put on shirt</td>
<td></td>
</tr>
<tr>
<td>Put on socks &amp; shoes</td>
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</tbody>
</table>
The Prepared Environment

Activity Areas

Please Polish Cutlery.

Please Polish Shoes.
The Prepared Environment

Activity Areas

Montessori Ageing Support Services, 2016
The Prepared Environment

Activity Areas

Sewing Nook

Montessori Ageing Support Services, 2016
The Prepared Environment

Activity Areas

Montessori Ageing Support Services, 2016
The Prepared Environment

Activity Areas

Montessori Ageing Support Services, 2016
The Prepared Environment

Interactive Wall Spaces

Montessori Ageing Support Services, 2016
The Prepared Environment

Interactive Wall Spaces

Sweet Treats

We can all remember sweet treats from our childhood. Children were often given a sweet when they had been well behaved. Most corner shops had a halfpenny or penny jar and it was a big decision choosing which sweet to buy. Musk sticks and conversations were very popular. Tunnish delight, jelly babies and liquorice allsorts were a few of the first sweets ever made and are still available and popular today.

- What do you like best, liquorice allsorts or jelly babies?
- Did you ever make sherbet lemons or rocky road?
- Can you see the musk sticks and coconut ice?
- Which do you prefer?
- Did you ever give conversations to a friend? What did it say? "Happy birthday, have a nice day!"
- "Merry Xmas, the white or sweet dreams?"
- What is your favourite colour of smarties, red, orange, pink, yellow or brown?

Montessori Ageing Support Services, 2016
Washing Day
What day of the week did you do your washing?
Can you find the hand wringer in the picture?
Can you find the pegs in the picture?
Did you use a copper to boil your sheets?
The Prepared Environment

Interactive Wall Spaces

Montessori Ageing Support Services, 2016
The Prepared Environment

Interactive Wall Spaces

Montessori Ageing Support Services, 2016
Montessori Activities...

- Follow a set of principles
- Match strengths and personal history
- Provide repetition
- Foster friendships
- Provide opportunity for self-initiated activities
- Place importance on roles and meaningful activity for all people
Objective: Slowly progress towards the long term goal

Montessori activities to support ADL

Examples – scooping, squeezing, pouring

These activities will prepare the person to later assist with feeding self, combing hair, cleaning teeth, or taking on a role, etc.
Movement Recovery

Fine motor skills are small, precise, coordinated movements – like picking up a pencil with 2 fingers

- Using tongs, tweezers
- Drawing, writing
- Using pegs
- Range of motion movements
• The cognitive classification of activities is a component of all areas and includes – counting, reading aloud, categorising, using a template, identifying colour, detecting same/different, following instructions, etc.

• When people are unable to do activities because of cognitive decline we then need to move to provision of comfort care.
The Methodology

Activities

Sorts can be easily made

Balls for All Seasons

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Baseball
Cricket
Soccer
Football
Fine Motor Skill Activities
The Methodology

Activities
The Methodology

Activities
Coloured Pencil Sort
Similar colours in each jar
Montessori Ageing Support Services, 2016
Sort the wool by colour
Outcomes of Montessori Programing

Reduced Responsive Behaviours

Dr. Montessori said –

“Problematic behaviour is rarely seen, being engaged and displaying problematic behaviours generally are two mutually exclusive categories of behaviour”
The outcomes of creating 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, 2016
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
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