

Attending to communication difficulties between people with dementia and family carers

A relationship-centred approach

Damian Murphy



The 'Getting Along' Programme

1. Getting Along
2. Past present and future
3. Who am I?
4. Understanding each others' perspective

Findings

- Helped facilitate conversation
 - People want to talk
- Helped re-dress an imbalance in the relationship

Findings

- Same meat - different gravy



Findings

- Uniting against the dementia
 - Opportunities to share frustrations and offer mutual support
- Preparation for successful group work
 - 'We must be allowed to make mistakes'

A Relationship-centred approach to living well with dementia

Aims content and outcomes of a pilot
programme

Target audience

- Community-based workers
 - Occupational therapy
 - Speech and language
 - Social workers
 - Community mental health nurses
 - Domiciliary care workers

Aims

Learners to:

- identify and respond to unattended antagonisms within a relationship
- appreciate both sides of the caregiving relationship
- understand the broad impact of the presence of a dementia within a family
- recognise the impact of their own role to create or prevent 'a system on their side'
- adopt strategies to equip people with dementia and their carers to live well and better with the illness

Contents

- Half day self guided learning

<http://www.scie.org.uk/publications/dementia/elearning.asp>

- One full day face-to-face training
 - Two's company
 - Three's a crowd
 - A system on their side

Outcomes – Action plans

- How do we capture and respond to the change in the dynamic in the relationship?



Outcomes – Action plans

- Identify the problem
- Potential benefits of addressing this
- Ways to address this
- Barriers identified to these ways
- First steps to be taken

Outcomes – Action plans

- How do we move away from the idea of ‘the nightmare family’?



Outcomes – Action plans

- Broaching awkward subjects



Outcomes – Action plans

- How can we better handle transitions?



More information

- <http://www.alzheimers.org.uk/workforcedevelopment>
- <http://www.scie.org.uk/publications/dementia/index.asp> - The Social Care Institute for Excellence dementia gateway

http://www.alzheimers.org.uk/site/scripts/documents_info.php?categoryID=200307&documentID=1379
Course information on the relationship centred approach

Thank you

Damian Murphy
Relationship and client manager
Alzheimer's Society
Education and Development

workforcedevelopment@alzheimers.org.uk

Damian.murphy@alzheimers.org.uk

00 44 1904 633581

00 44 7714 835 836