



UniSA

Living with Dementia

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My Research

- Presentation focused on three areas:
 - Dementia and marriage
 - Home alone
 - Engaging people with dementia

DEMENTIA ON MARRIAGE

Dementia and Marriage

- Change
 - “...it creeps in...”
 - “Little by little you would notice the changes...”
 - “...when he does little things that seem so deliberate...I got very mad at him ”

Dementia and Marriage

- Relationship
 - *“I do miss telling him things... talking to him about things on the news, or in the paper”*
 - *“There’s not that oneness any more”*

Dementia and Marriage

- Roles
 - *“The worst thing was getting used to doing the housework. Doing the laundry, sweeping up, doing dishes, cooking, trying to keep her happy...”* (Husband)
 - *“Of course I never had to put gas in a car, I never had to check the tires, I never had to do anything about an automobile because he did everything...”* (Wife)

Dementia and Marriage

- Intimacy
 - Caregiver wife:
 - *“He's just not the same person that he was ”*
 - Wife with dementia:
 - *“...he will have his arm around me and we still talk. That is the very best, the most intimate time”*

Dementia and Marriage

- Isolation
 - *“It takes so much time if we both go to the shop”*
 - *“...your friends just kind of hold you at arm's length”*

Dementia and Marriage

- Loss
 - *“I’m not who he married anymore. There’s pieces of me missing. There are little pieces of me sort of breaking away...”*

Dementia and Marriage

- Marriage
 - *...it's like a wall being built ... and that as the person sort of deteriorates, there is another brick that goes in the wall ... it seems to me that one day you will be putting the last brick in and my wife will be that side and I will be this side"*

HOME ALONE

Living Alone with Dementia

- The challenge *of living alone*
 - “*Not having someone there to prompt and guide them...*”

Living Alone with Dementia

- Safety
 - *“ Half of them lock their door and take the key out then can’t remember where they have put it... if there was a fire... ”*
 - *“...taking the saucepan off and leave the gas on and then two hours later wonder why its so hot “*

Living Alone with Dementia

- The challenge *of isolation*
 - “*All their friends stop visiting... ...people just don’t want to see it... ...scared of it...*”

Living Alone with Dementia

- The challenge *of being vulnerable*
 - “...I had someone sign up for a respray of their driveway... ...but have no idea five minutes later what they have done ”

Living Alone with Dementia

- Problem solving difficulties
 - *“...I can’t come in today... ...my house is full of water... ...there’s water everywhere... ...I don’t know where it’s coming from ”*

Living Alone with Dementia

- Keeping it a secret
 - *“People are frightened... that you are going to take away their rights, their home... they think you are going to try get them in a nursing home ”*

Engaging People

Engaging People

- Our population is getting older
- We anticipate an increase in the number of people who have dementia
- Therefore one of our community's priorities is to reconsider how it engages with people with dementia

Engaging People



Exercise class

Engaging People



Library program

Engaging People



Side by Side program

Engaging People



- 7 people with younger onset dementia
 - 4 male
 - 3 female
- Aged 50 – 65 years
- Work in hardware store 1 day per week with a work-buddy

Engaging People



- Work activities
 - Serving customers
 - Restocking
 - Plant care & watering
 - Assisting with DIY program
 - Assembling of display stock
 - Managing the magazine rack
 - Assisting with in-store gazebo building
 - Teaching other team members the duties of specific work areas

Living with Dementia

- The challenge
 - *“All the issues involved in being a Human Being are around every family... ...all these issues are still there affecting and playing out ”*