

The Power of Cultivating Positive Language

Objectives

- Learn Key Impacts On Resident Wellbeing of Positive Language
- Explore common myths in dementia care
- Review regularly used negative terms along with suggested alternatives
- Current Research providing evidenced backed support

Meet Holly

Holly Henderson is a seasoned dementia specialist with over twenty years of healthcare experience. She has held various roles throughout healthcare and has served as an instructor the NCCDP since 2017.



How does the following make you feel?

- Suffering from dementia with severe behavioral disruption
- Dementia Sufferer or a person suffering from dementia
- Bib, Diaper, Sippy Cup
- Feeder "He's my feeder, He's my shower"
- Misbehavior or Bad Behaviors
- Burden

Wanderer, Exit Seeker

- Baby speak - honey, baby, sweetie
 - Victim
 - Demented, Senile
 - Aggressor
 - Empty Shell
 - Not All There
 - Senile
 - Afflicted
- Quizzing someone like a test.... "Do you remember me?" "Who Am I?"
- No, no, no no NO! (When attempting to exit a memory care door)
- Don't worry she does this all the time. She yells as her normal.

Alternatives

- Safe Haven
 - Our Memory Care Neighborhood
 - Navigating Memory Loss
 - Dining Scarf, Product, Supportive Cup
- Dines with assistance, Showers with assistance
 - Expressional Episode
 - Living with dementia
 - Choose to Support
 - Care Partner
 - Preferred name of Choice

Everyone Deserves Respect

Appropriate language must be:

- Accurate
- Respectful
- Inclusive
- Empowering
- Non stigmatizing

Everyone deserves respect

Why words matter

What is appropriate language for talking about dementia and why do we need it?

The words used to talk about dementia can have a significant impact on how people with dementia are viewed and treated by our community. Research tells us that negative language increases stigma and potential discrimination.

The words we use and in writing can influence others' mood, self-esteem, and feelings of happiness or depression. A casual misuse of words or the use of words with negative connotations when talking about dementia in everyday conversations can have a profound impact on the person with dementia as well as on their family and friends. It can also influence how others think about dementia and increase the likelihood of a person with dementia experiencing stigma or discrimination.

Health Outcomes

- feelings of disrespect & discrimination
 - feelings of exclusion
 - low self worth
- increase stress levels, higher cortisol
 - reduce quality of life

#1 Myth- People living with dementia cannot tell you their preferences anymore

Don't be afraid to ask!

How would you like to be introduced to new friends? I would never prefer “This is Holly and she has severe dry skin”... But we think nothing of introducing someone living with dementia that way.

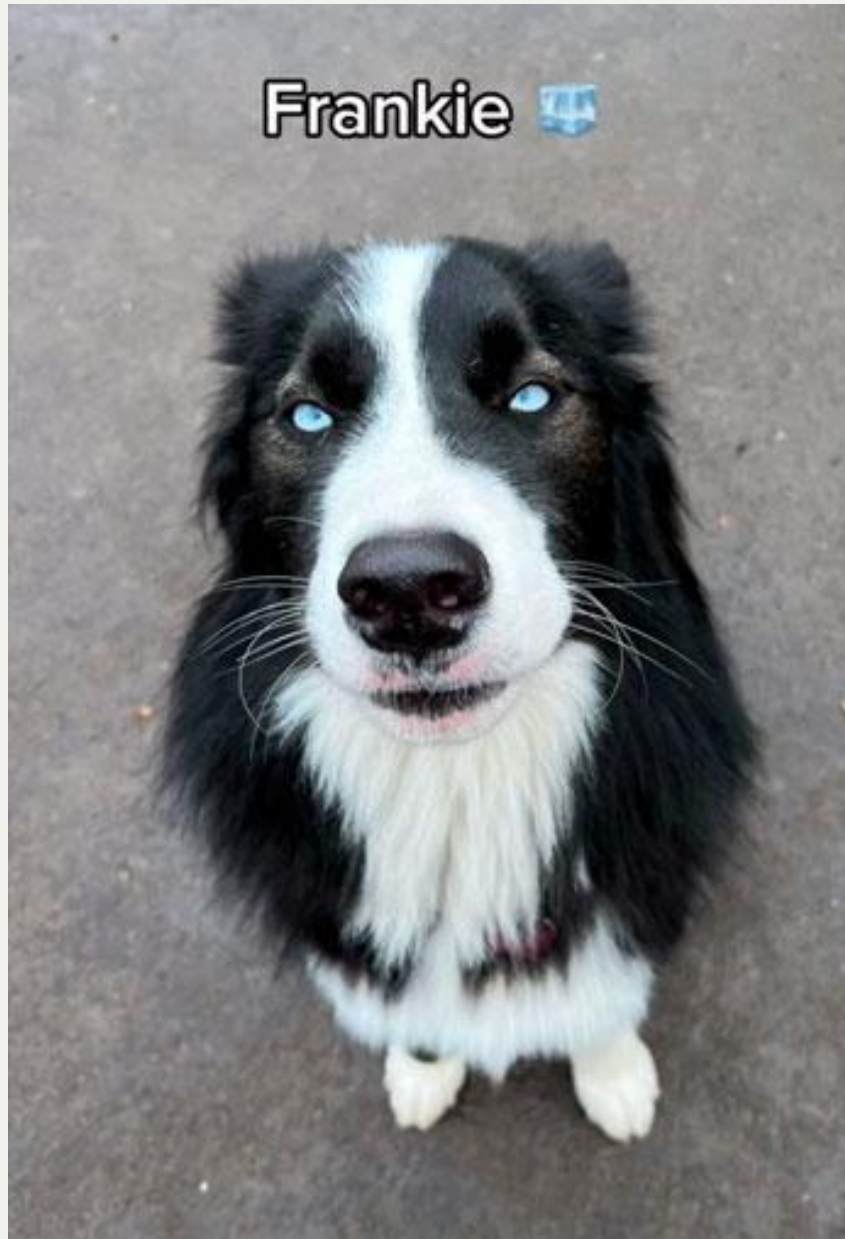
Where possible, ask that person directly. We can respect the dignity of each individual by respecting that person's wishes regarding use or non-use of certain terms relating to dementia.

#2 Myth- People living with dementia are all the same

When you've met one person living with dementia, you've only met one person. Everyone with dementia is unique, as there are many different types of dementia and symptoms may present differently in different people. They all have rich backgrounds and meaningful stories that deserve respect.

A photographer
told each person
they were
beautiful before
taking their photo.
The power of
positive words!





Frankie 🐕



Frankie 🐕



Cinnamon 🐕



Cinnamon 🐕

A photographer told each dog they were a good boy before taking the photo. The power of positive words!

**THIS PLANT
WAS BULLIED**



**THIS PLANT WAS
COMPLIMENTED**



Thank You

FOR LISTENING!