

Exploring the lived experiences of People with Dementia.



By Anita R Chonzi



Research Interests

PhD in Health, Wellbeing & Life Sciences (HWLS)

- Department of Health and Social Care sector.
- Specialises in non-pharmacological interventions
- Through multi-sensory stimulation (5 senses)
- **Using the Interpretative Phenomenological Analysis (IPA)**
- **Multi-perspectival IPA**

MSc in Dementia care

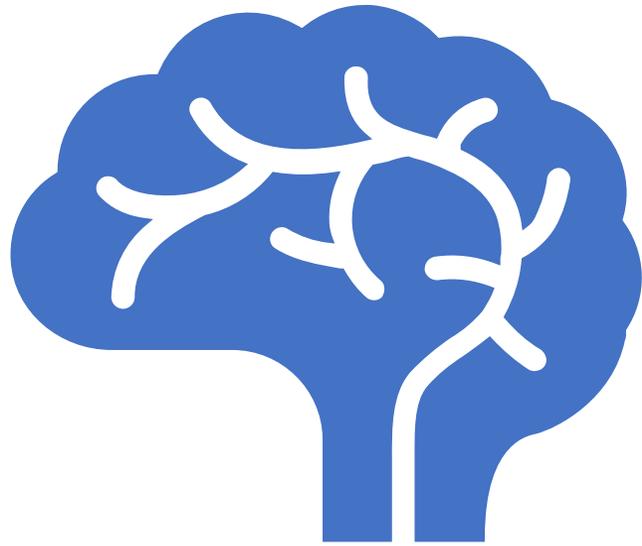
- Carers perceptions of sensory gardens for people with dementia.
- Multi-sensory stimulation interventions
- Designing activities for dementia
- Understanding ethical issues in Dementia care
- **AFHEA**; Associate fellow of higher education

BSc in Teaching with Biological sciences

- Environmental Sciences
- The effects of Brown algae across the northern Bay Seaside (Scarborough)
- The perceptions on gender issues among primary teachers.

Volunteering

- St John Ambulance West London



Health and Social Care sector

- Dementia is a global issue, with about 55 million people living with dementia worldwide.
- Dementia is also a major problem in the healthcare sector.
- Currently, it is estimated to be 982,000 people with dementia in the UK.
- The number is expected to rise by 1.4 million by 2040.

Non-pharmacological interventions

- Public Health England: We are now moving from focusing on well-being in the absence of a cure.
- Therefore, my research focuses on the use of care home sensory gardens, especially for people living with dementia in care.
- The garden provides **multi-sensory stimulation** through contact with nature. **Not limited to autism, mental health, stroke, cancer, rehabilitation and disability**

The 1st impression should trigger the five senses

A sensory garden is an outdoor space that stimulates senses (touch, taste, smell, sight and hearing) through sensory experiences and contact with nature



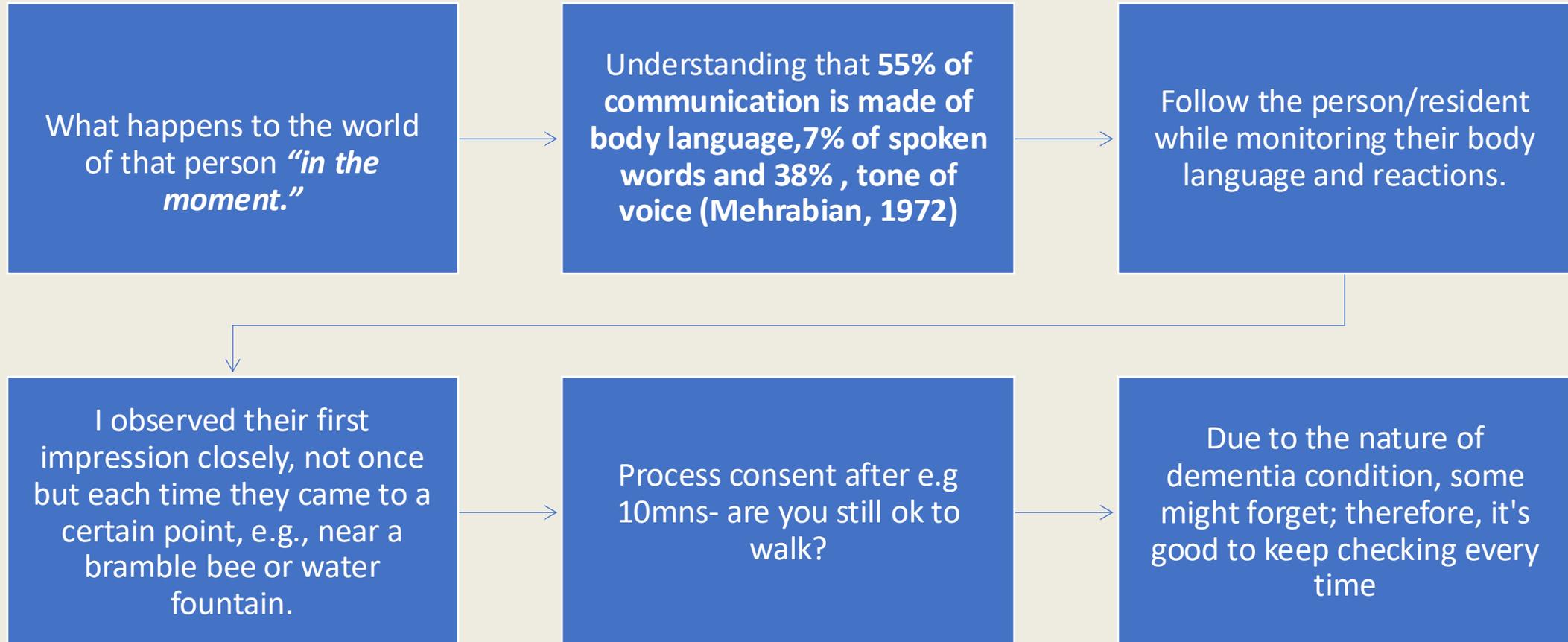
Every component is specifically designed to stimulate the senses.



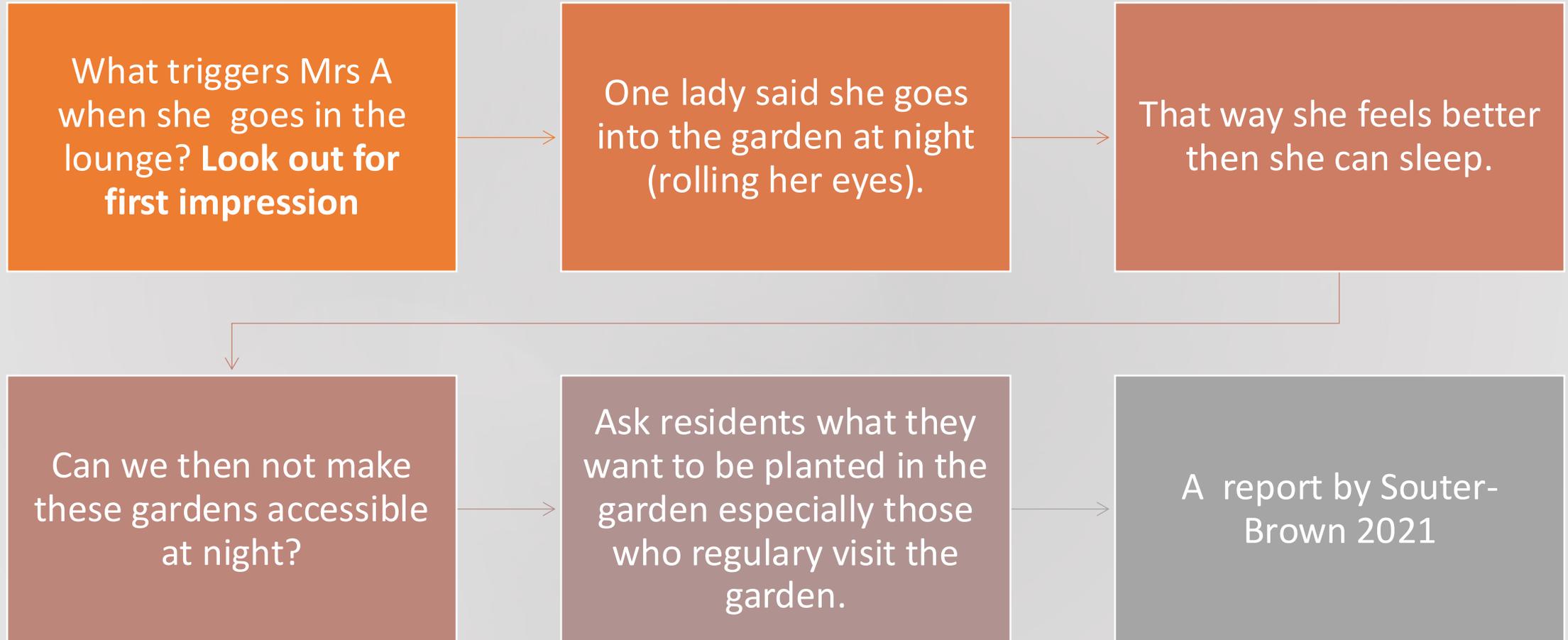
IPA

- It gives voices to people/residents (try to use all avenues of comms)
- Empowers (by listening and acting to what is being said)
- Caters for all individual needs (Putting what has been said into practice.)
- Offers a holistic approach (focus on what well-being means to that individual)
- **It focuses on non-verbal cues: gestures, metaphors, false starts (errr, mmmm) and the context in which things are being said.**
- IPA involves a detailed interpretive understanding of first-person experience/account.
- Can be used in teaching, police force, paramedics and caregivers

Connecting IPA & First Impression



Putting IPA into practice



1st impression activity

- What do you do in your services that show you are mindful of the first impressions?
- What have you changed as a result of considering 1st impression?
- Is there a situation you made someone uncomfortable because you got the wrong first impression?

First Impression

The first impression means each time you get to the person

The first time you introduce something different

The first time you talk about something different from the previous.

The first time you have been away a little while

The first time every time, especially in dementia care

No one size fits all

- Dementia has over 100 symptoms; what was your first impression?
- One party different experiences
- A few examples: people with dementia don't like to bath-generalisation
- IPA pushes us to know the person better and encourages the use of first impression
- is it about not wanting to shower, or maybe it's about the colours on the wall /mirror?
- Emergency response???? Dementia first aid?

First Impression enables risk assessment.

- **First impressions can provide insight into personal triggers**
- Diffusing arguments: How did it start?
- What did the carer say or do before the argument?
- How did you approach the resident?
- Caregiver's body language
- **Caregivers mental wellbeing-super important**
- **Caregiver support: The First Impression is to think, how are they?**
- Caregiver's tone. (shouting can worsen situations).
- Understanding basic ethical issues.

Avoiding disagreements through IPA & FI

- Practice first impressions and use IPA because as focuses on individual experiences
- Understanding the meaning of someone's communication builds a relationship between them and their caregivers.
- When someone feels they are not understood, it brings frustration.
- It can end up in physical situations.
- First impression to anyone is to show them you care.

Conclusion



If appropriate practices such as IPA are used, we are likely to understand the needs of the people we care for.

Future studies on sensory gardens focus on wellbeing, especially in care homes/schools.

Thank you for listening



Anita Chonzi

A.Chonzi@shu.ac.uk

Twitter: @ ARChonzi

Scan to find me on linkedin

