



Caring with Confidence

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Acknowledgement: Dr Siti Sarah Fadzil



WHAT COMES TO
MIND WHEN YOU
THINK OF AGING?



Content

Normal Aging Process & Dementia

A grey downward-pointing arrow indicating a flow from the first box to the second.

Managing Stress as Caregivers

A yellow downward-pointing arrow indicating a flow from the second box to the third.

Effective Communication



Normal Ageing Process and Dementia

Ageing is a natural process affecting everyone. It involves physical, cognitive, and social changes. Understanding these changes helps us prepare for our golden years.

Physical and Cognitive Changes in Ageing



Physical Changes

- Skin wrinkles and loses elasticity
- Muscle mass and bone density decrease
- Hair turns grey and start to recede



Cognitive Changes

- Memory recall may slow down
- Emotional changes and decreased self-confidence are common
- Confusion might occur more frequently

Source:

1) Amarya, S., Singh, K., & Sabharwal, M. (2018). Ageing Process and Physiological Changes. InTech.

doi: 10.5772/intechopen.76249

Social Changes in Ageing

Changing Roles

- Family and community roles evolve
- Retirement may lead to a shift in social dynamics

Financial Adjustments

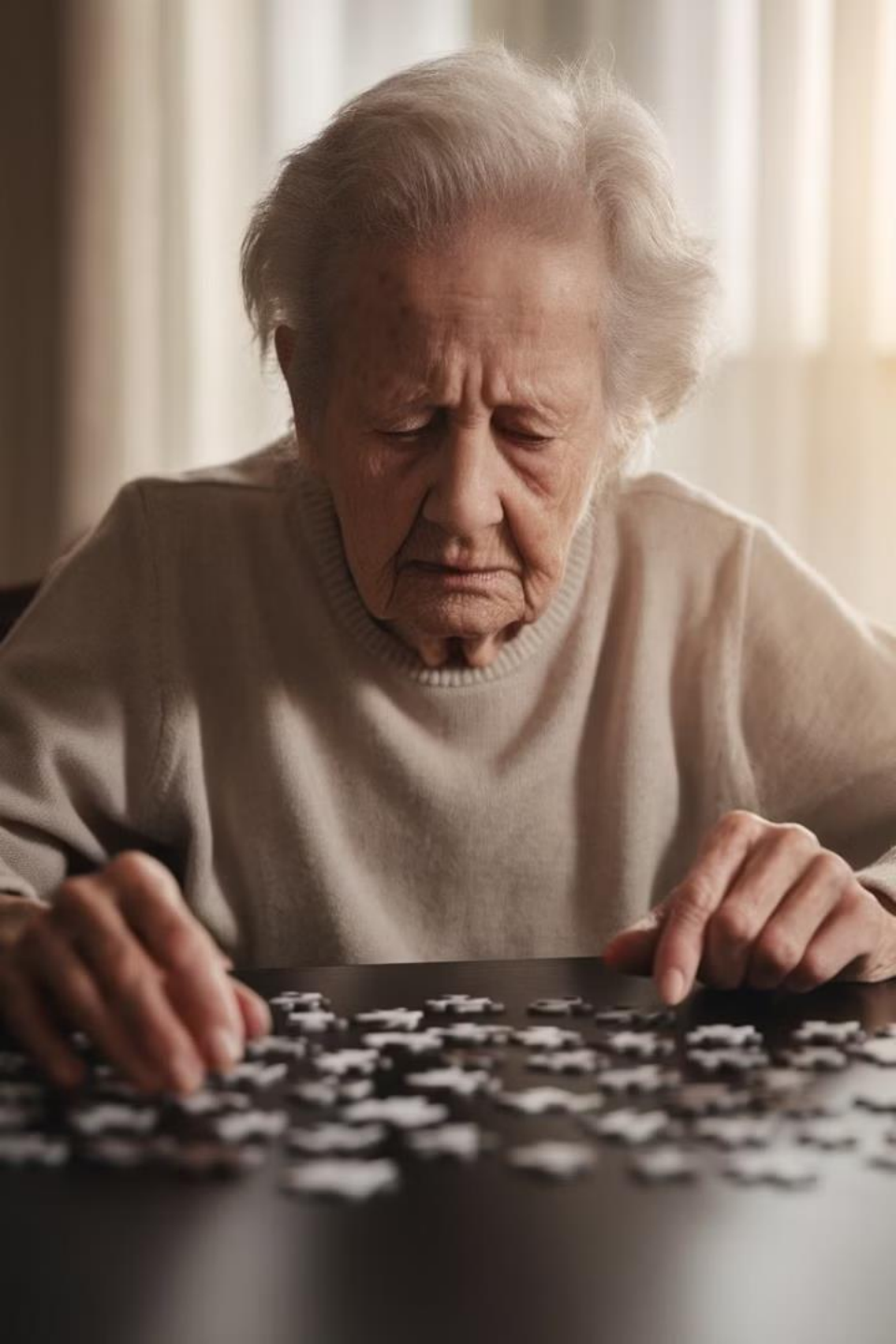
- Income often decreases after retirement
- Budgeting and financial planning become crucial skills

Lifestyle Adaptations

- Daily routines and activities change
- New hobbies and interests may develop

Source:

1) Charles, S. T., & Carstensen, L. L. (2010). Social and emotional aging. Annual review of psychology, 61, 383–409. <https://doi.org/10.1146/annurev.psych.093008.100448>



Understanding Dementia

1 Definition

- Dementia is a syndrome causing deterioration in brain function
- It's not a normal part of ageing

2 Cognitive Effects

- It significantly impacts memory, orientation, language, and emotions
- Daily activities become increasingly challenging

3 Social Impact

- Social behaviour and calculation abilities are affected
- It can lead to significant lifestyle changes

Source:

1) Sharifi, F., Ghandali, R., Alimohammadi, M., & Ahmadipour, P. (2024). Symptoms and Diagnosis of Dementia. In Nutrition in Brain Aging and Dementia (Springer Nature Singapore).



<https://youtu.be/x9MvEZskR6o?si=ksSJJymAlrugchEM>

Types of Dementia

Alzheimer's Disease

- The most common type
- Characterised by memory loss and cognitive decline

Lewy Body Dementia

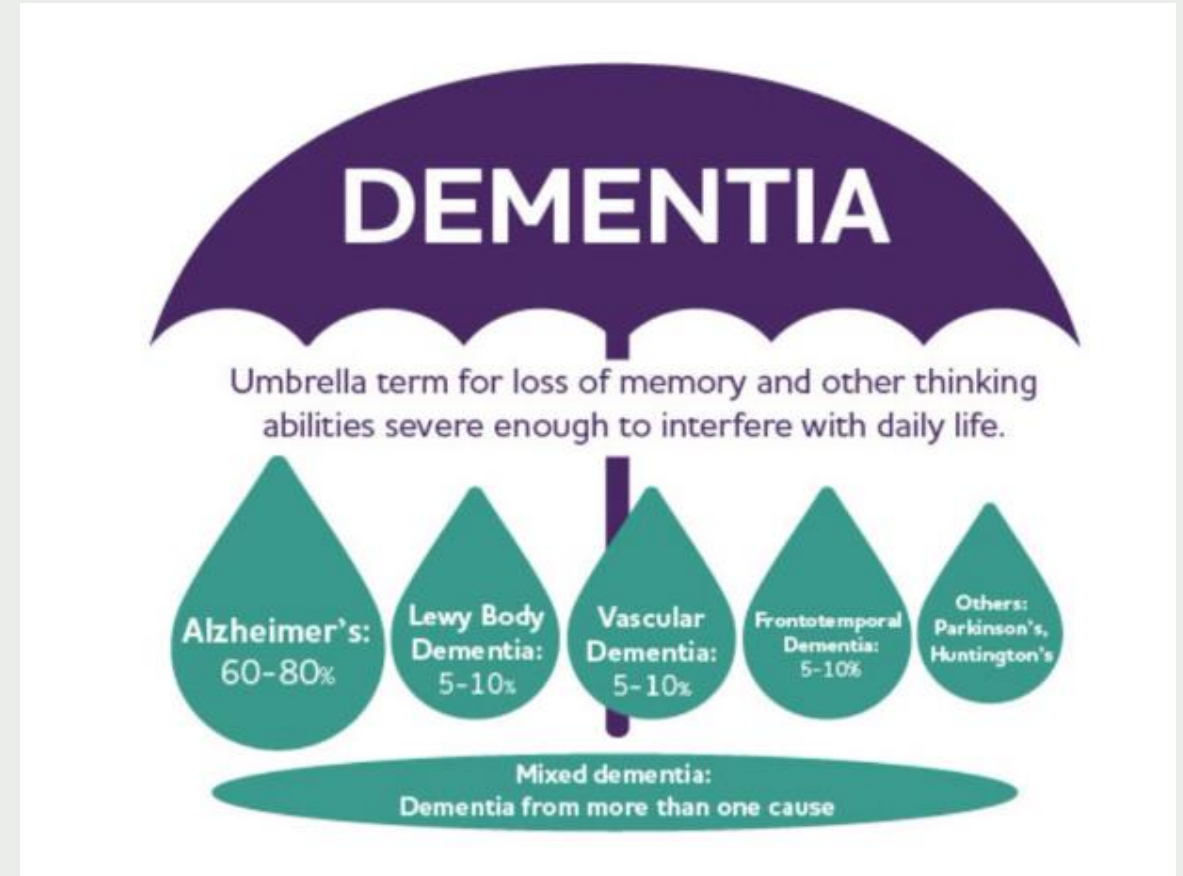
- It causes visual hallucinations and movement problems

Vascular Dementia

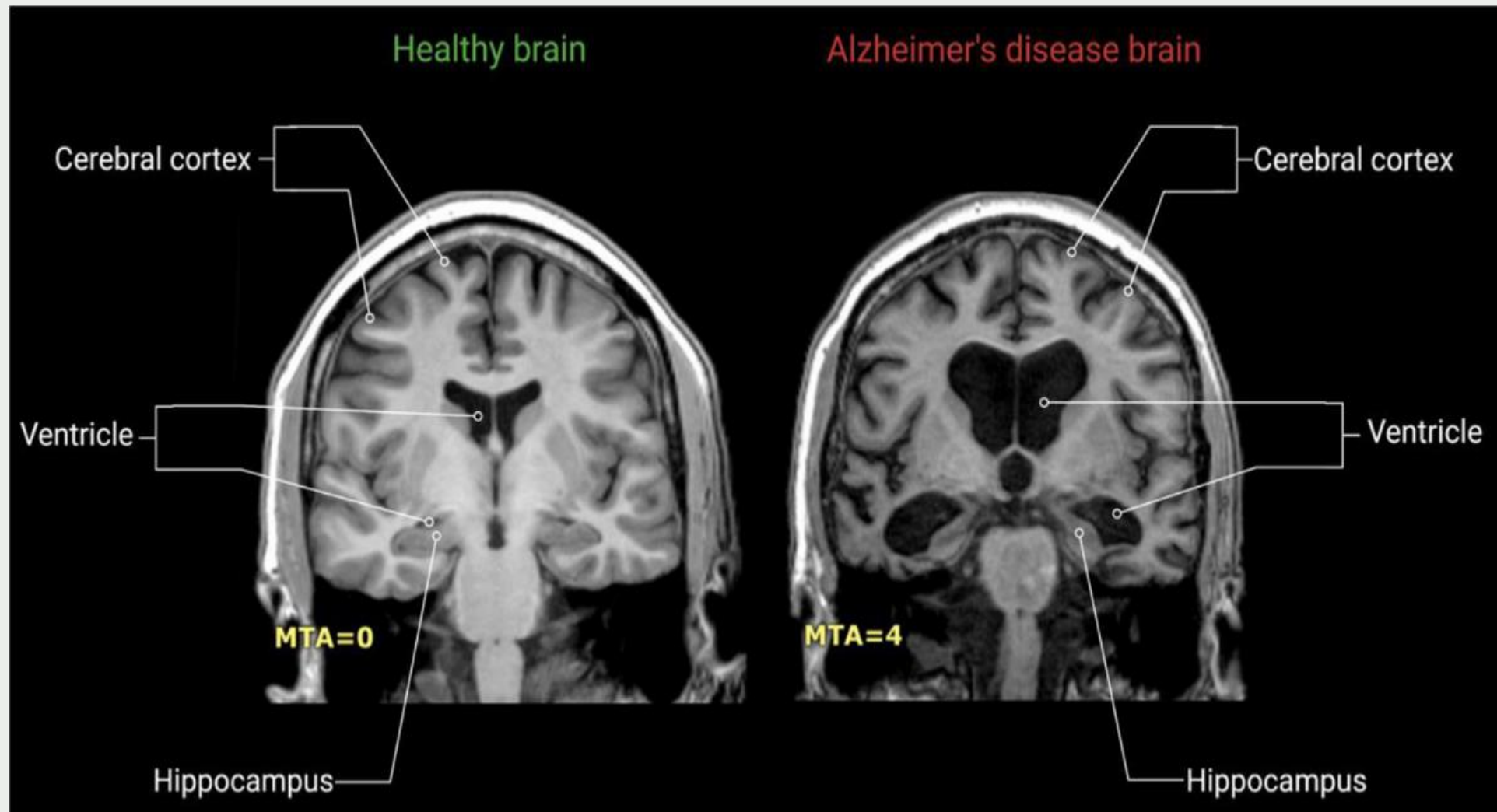
- The second most common
- It is caused by reduced blood flow to the brain

Frontotemporal Dementia

- A rarer form
- It affects behaviour, personality, and language skills



Healthy Brain vs Brain with Alzheimer's Disease



Source :

Van Oostveen, W. M., & de Lange, E. C. (2021). Imaging techniques in Alzheimer's disease: a review of applications in early diagnosis and longitudinal monitoring. *International journal of molecular sciences*, 22(4), 2110.

Normal Memory with Ageing vs Dementia

Table 2: Clinical differences between normal aging and Dementia

NORMAL AGING	DEMENTIA
Independent in all activities of daily living (ADL)	Dependent on others for ADL
Patient claims of memory loss but can recall incidents of forgetfulness	May report memory loss if asked, unable to recall instances of forgetfulness
Patient more concerned about memory loss	Close family members more concerned about memory loss
Recent memory of events and conversations intact	Notable decline in memory of recent events and conversations
Occasional difficulty in finding words (expressive aphasia)	Frequently experiences difficulty in finding words with or without difficulty of understanding (expressive and receptive aphasia)
No history of getting lost in familiar territory, may pause briefly to reorient	History of getting lost in familiar territory while walking or driving
Able to operate common appliances	Unable to operate common appliances
Normal interpersonal and social skills	Loss of interpersonal and social skills, lack of interest in social activities or inappropriate behavior

- 1 Independence
- 2 Memory loss
- 3 Concern on Memory Loss
- 4 Recent Memory
- 5 Word-finding Difficulty
- 6 Disorientation
- 7 Usage of Appliances
- 8 Social Skills

- Normal ageing involves occasional forgetfulness.
- While you may forget something occasionally, you can usually recall it later.
- The impact on daily life is usually mild.

- Dementia is a condition that causes significant memory loss
- Hard to remember important information / learn new things
- Often impacts daily activities and can make it challenging to live independently.

Source:
 1) Ahmad, A., Owais, K., Siddiqui, M., Mamun, K., Rao, F., & Yousufzai, A. W. (2013). Dementia in Pakistan: national guidelines for clinicians. Pakistan Journal of Neurological Sciences (PJNS), 8(3), 17-27.



Managing Stress as a Caregiver

Caregiving for older persons can be challenging. This guide offers practical strategies to help caregivers reduce stress and improve their well-being.



Key Strategies for Caregiver Stress Management

1

Understand the Condition

- Familiarise yourself with common health issues and behavioural changes in older persons.
- Adapt your approach accordingly.

2

Prioritise Self-Care

- Maintain physical health through exercise, quality sleep and proper nutrition.
- Practice stress reduction techniques like mindfulness.

3

Manage Time Appropriately

- Prioritise daily activities and allocate specific time slots.
- Develop backup plans for unexpected changes.

4

Communicate Effectively

- Share responsibilities with family or professionals.
- Convey information to older persons tactfully

Source:

1) Zarit, S. H., & Savla, J. (2016). Caregivers and stress. In *Stress: Concepts, cognition, emotion, and behavior* (pp. 339-344). Academic Press.

2) Baudin, K., Sundström, A. & Lindner, H. Informal carers' experiences in everyday life and the use of digital assistive technology for time management in persons with dementia or mild cognitive impairment. *BMC Geriatrics* 365 (2024).

TIPS FOR DEALING WITH STRESS AS A CAREGIVER



<https://www.youtube.com/watch?v=yXwQS3ory6E&t=4s>



Effective Time Management

- List daily activities
- Cut out unnecessary activities
- Arrange activities according to priority
- Set an estimated time for each activity
- Be flexible
- Plan for a backup (Plan B)

Effective Communication Tips for Elderly Caregivers

This guide provides essential strategies for caregivers to enhance their communication skills and foster positive relationships with older adults.





Clear and Active Communication

1

Simple Language

- Use clear, concise language
- Avoid medical jargon that may confuse or overwhelm the elderly person

2

Active Listening

- Give full attention to the speaker
- Acknowledge their words with nods and brief verbal affirmations

3

Visual Support

- Supplement verbal communication with gestures or visual aids
- Use pictures or written notes for complex information

Source:

- 1) Muhammad Haizril Arif Bin Md Mokhtar, Mohd Alif Idham Bin Abd Hamid, Farizah Mohd Hairi. Ceria Sepanjang Usia, Malaysian Integrated Medical Professionals Association (MIMPA) 2021.
- 2) Komunikasi Dengan Warga Emas. <http://myhealth.moh.gov.my/komunikasi-dengan-warga-emas/>

**Contoh Keadaan Pesakit:
Pesakit strok terlantar dan sukar bercakap**

**Situasi: Si Ayah mahukan sesuatu.
Beliau memanggil anaknya.**



**Ye Ayah.. Nak apa?
Ayah nak apa?**



Empowering the Elderly



Offer Choices

- Present multiple appropriate options when making decisions
- This preserves dignity and promotes independence



Encourage Self-Decision Making

- Allow time for independent decision-making
- Offer support and guidance only when necessary or requested



Build Confidence

- Use positive affirmations like "You can do it!"
- Celebrate small achievements to boost self-esteem

Source:

- 1) Muhammad Haizril Arif Bin Md Mokhtar, Mohd Alif Idham Bin Abd Hamid, Farizah Mohd Hairi. Ceria Sepanjang Usia, Malaysian Integrated Medical Professionals Association (MIMPA) 2021.
- 2) Komunikasi Dengan Warga Emas. <http://myhealth.moh.gov.my/komunikasi-dengan-warga-emas/>

**Contoh Keadaan Pesakit:
Pesakit strok yang sukar bercakap**

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Ayah nak nasi?

Caring for Caregivers: Empowering Those Who Care For Older Persons - FutureLearn



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★★★★☆ 4.6 (5 reviews) 554 enrolled on this course



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554 enrolled on this course

⌚ 3 weeks

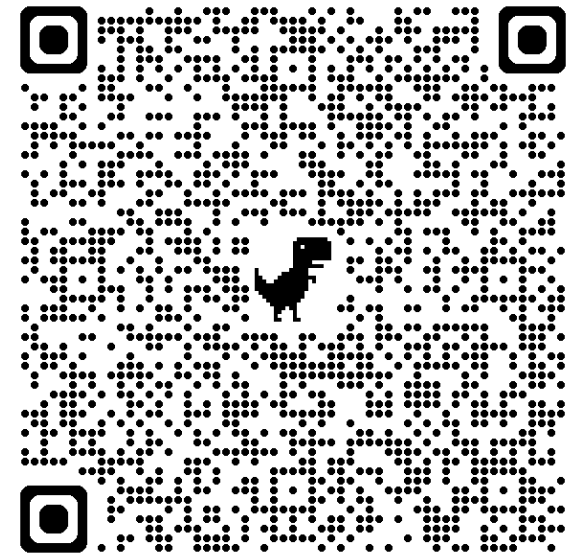
🕒 2 hours per week

📄 Digital certificate when eligible

📈 Introductory level

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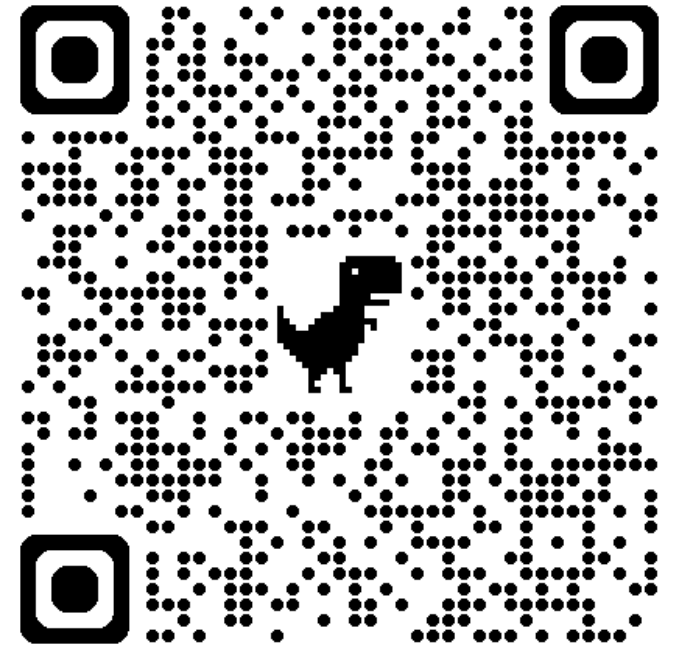


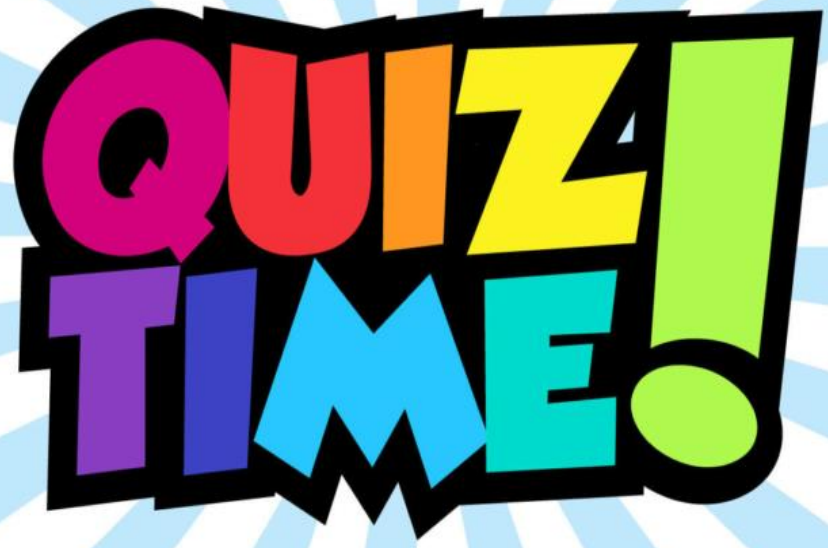


Ceria Sepanjang Usia



<http://www.mm Gazette.com/e-books/>



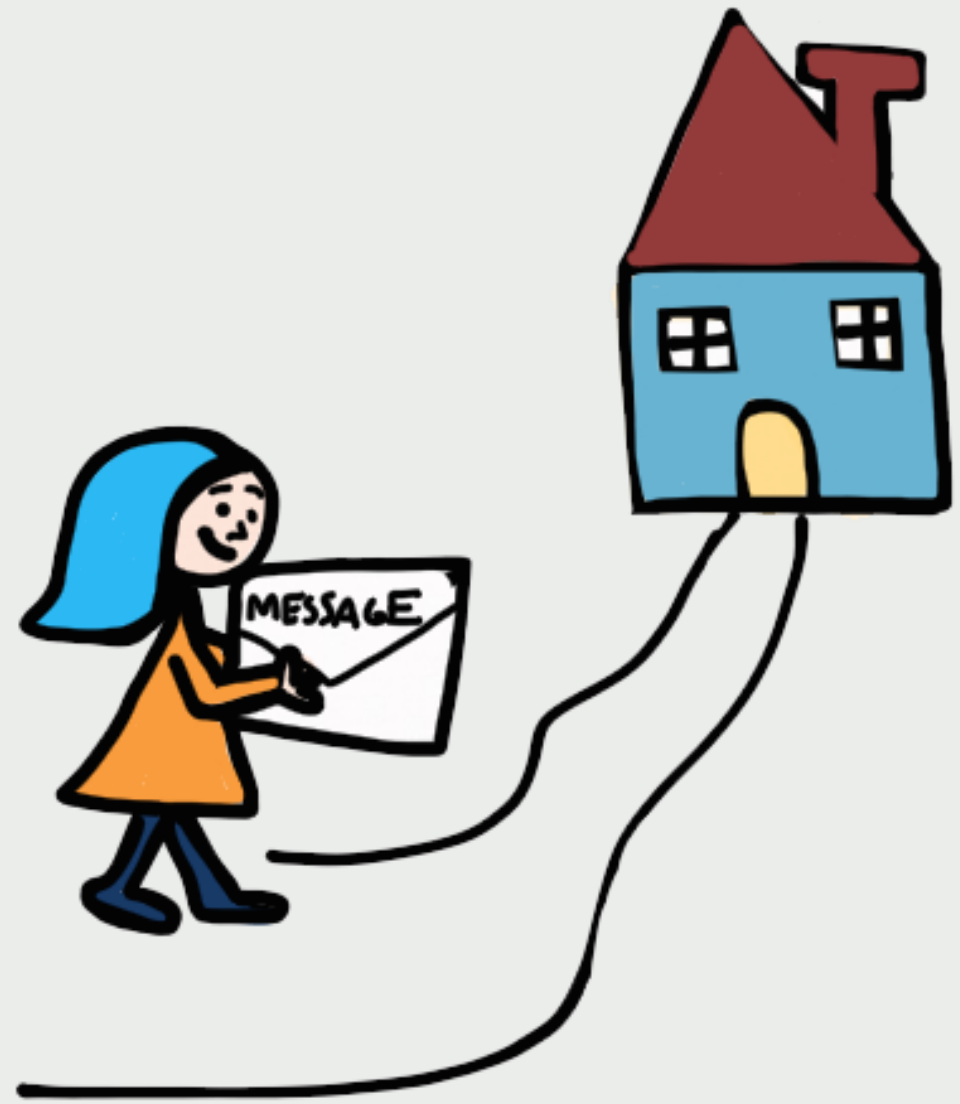


**QUIZ
TIME!**

Quiz Time

- Give two main differences between normal ageing and dementia
- Name some stress management strategies that you learned
- How to communicate effectively as a caregiver?

*P.s. There are prizes for correct answers!



Take Home Message

- Recognise the physical, cognitive, and social changes that come with aging
- Prioritise personal well-being through self-care and effective time management.
- Use simple language, active listening, and visual aids to enhance communication with the elderly

THANK YOU TERIMA KASIH

