

REVOLUTIONIZING Dementia Care

DISCUSSION GUIDE



Documentary Description:

REVOLUTIONIZING DEMENTIA CARE reveals how people living with dementia can still live a full and meaningful life based on their abilities, not their disabilities. Innovative approaches in memory care communities have shown improvements in the well-being of residents as they're included, engaged and supported in social gatherings, clubs and everyday activities. This program shows authentic models of person-centered care in different communities across the United States.

Discussion Guide:

This discussion guide is designed to encourage a group dialogue based on the concepts highlighted in the documentary. A moderator/facilitator should be assigned to help focus the small group discussion (e.g. tables of 8 or group circle). In addition, this Guide can be adapted for training or events.

After showing the film, the moderator opens the discussion with the following Agreements:

- **Be respectful** – Actively listen to and respect all points of view.
- **Be accepting** – Everyone is entitled to their own perspective.
- **Be curious** – Seek to understand instead of to persuade.
- **Be open-minded** – Question your own assumptions and look for new insights.
- **Be sincere** – Speak from your personal experiences.
- **Be brief** – Provide your perspective being mindful of not talking too long.



The following are suggested questions to stimulate discussion about the documentary and living with dementia.

- What image or phrase stayed with you from the film?
- Would it surprise you to learn that the majority of those living with dementia in the film had advanced symptoms? Why do you think some people thought otherwise?
- The film notes that good care partners consider life from the perspective of people living with dementia. This enables individuals living with dementia to direct their own care. Why do you think this is important?
- What person centered care practices in the film can be done in most care settings?
 - Which practices are easiest/most difficult to implement?
 - What are the opportunities or barriers to implementing them?
 - Should these practices be the standard of care – why or why not?
- What impact do you see these practices having in the lives of individuals living with dementia and their care partners?
- The film comments on the importance of staff being given quality care as well. What does that mean to you?



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- What did you think about the use of technology by individuals living with dementia?
 - What were your reactions to the women using virtual reality showing the dolphins?
 - What are your experiences in using tablets for engagement?
 - What other ways can you envision technology supporting living well with dementia?
- What impact did this documentary have on you?
 - Will you look differently at the experience of living with dementia and why?
 - Will this spark some change in your personal or professional life?
 - What new thing did you learn?



For more information visit vpm.org/alzcare

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To watch the documentary and access this Discussion Guide and related resources go to
vpm.org/alzcare