



Norwood News



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County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

Managers Dementia Corner

Confabulation in Dementia

I used to sit with my Nan and talk about her life experience, often I would question if ,what she was saying was in fact true or not?. She would often speak about times, that having spoken to my mum were partly true but with added information. I quickly learnt that this was a symptom called Confabulation.

It is quoted as being a memory distortion where false information is expressed to others. Confabulation, differs from other falsehoods, it is sometimes referred to as honest—lying, this is because the person with dementia, doesn't realise that they are not being honest, their brains are just filling in missing spots with false information that allows them to make sense of that situation or memory.

The key to understanding confabulation is an awareness that the person with dementia is not intentionally being dishonest, but rather attempting to interact with those around them. People who confabulate will usually seem very lucid in their account of situations, so to them the experience that they are describing is very real, this can be from a past experience or from a situation that is happening or they believe to be happening the present time.

Either way, the best way to interact is to join in with the persons reality , rather than attempting to correct them, as correcting a person with Dementia will rarely have any benefits to that persons well-being.

Validation about their accounts of a situation will help the person to accept a number of possible benefits such as

- **Sense– making** : confabulation may help a person to make sense of a current situation
- **Self-making** : it can help establish and preserve a sense of personal identity
- **World—making** : can help the person to interact with others around them

These will all enable a person with dementia to feel more positive about themselves.

An example of this may be :

Mr Smith has lived with his wife's diagnosis of dementia for many years. More recently she has become agitated around a situation that Mr Smith knows happened many years ago when his wife was a young woman.

She is becoming more and more distressed that she has been “mugged” and had her handbag stolen. Mr Smith keeps attempting to reassure her that she has not been mugged and that her handbag is here and then shows this to her.

This does not validate her distress as she “knows” that this has just happened and may believe that her husband is deceiving her which will exaggerate her feelings of anxiety.

This situation has led to an increase in frequency of her having this upsetting memory from the past come into the present and her husband becoming more and more frustrated.

It may be possible that had he “gone with” her and reassured her that he is listening to what she is telling him and assure her that he will deal with the problem and inform the appropriate authorities and help to reassure her that he will look after her (and her handbag) to ensure that this never happens again.

It will of course be **VITAL** that he gives this reassurance in the same calm way **EVERY** time.

Happy birthday Amelia

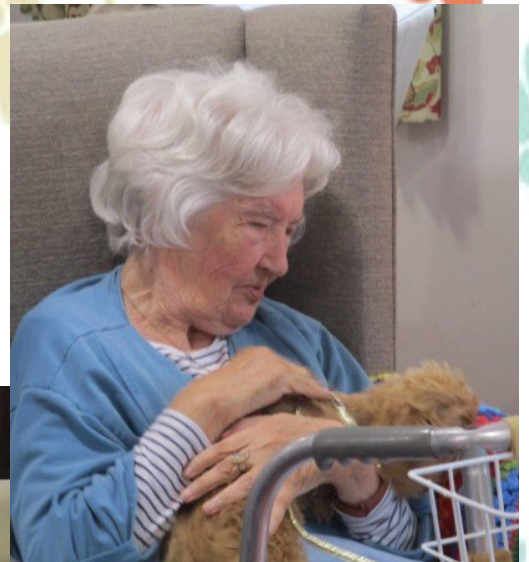
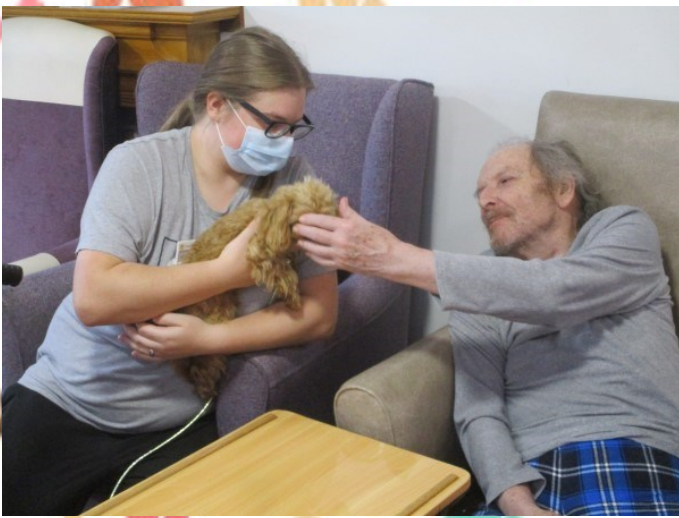


Amelia spent her birthday
with her lovely
granddaughter, they
enjoyed opening Amelia's
birthday presents together
and eating cake



Dog Therapy

We had another four legged friend visit us this month. One of the residents family bought in their little dog who was a huge hit with the residents.



Parachute Game





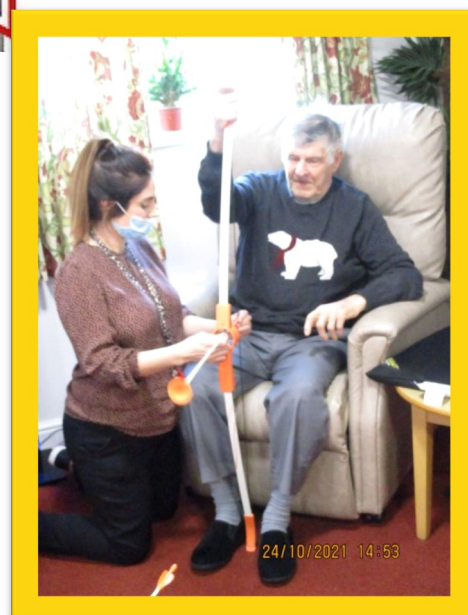
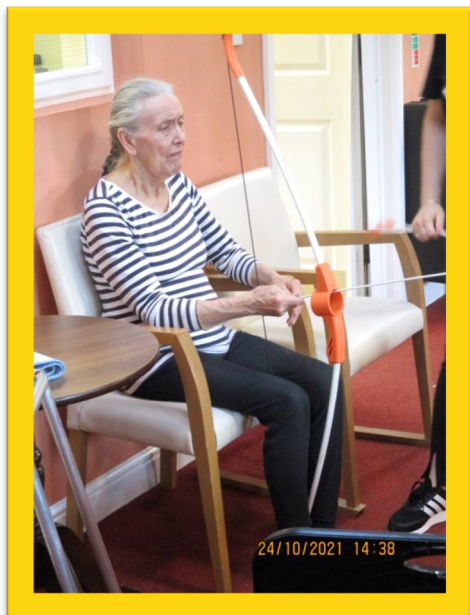
**The residents and staff
enjoy ed a couple of
games of musical bingo
throughout the month**





**Musical Bingo usually turns into dancing.
Dance allows those with
Alzheimer's disease and dementia to move
as a means to communicate**

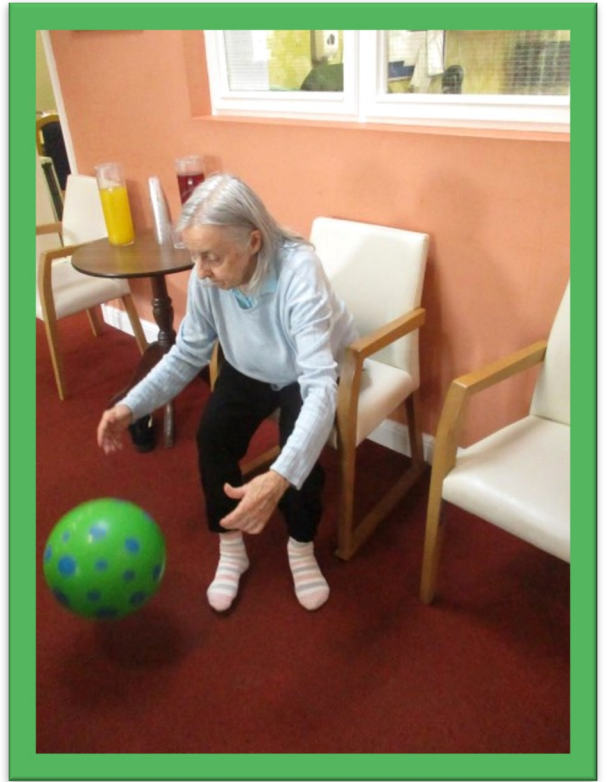




The residents enjoy games of Archery throughout the month, it is a great form of exercise for both bodies and minds.



Ball Games



Ball games can lessen anxiety and make people living with Dementia feel more engaged.



Halloween Arts & Crafts



Our head chef
Amanda showed
her creative skills
drawing faces onto
the pumpkins in
the dining room



Pumpkin Carving



The staff and residents had an afternoon pumpkin carving for Halloween, the pumpkins are now proudly on show at the front of the home.







HALLOWEEN

WORDSEARCH

O	C	B	O	P	K	C	G	A	T	O	R	A	O	T
A	L	L	W	I	Z	A	R	D	B	A	G	N	S	S
N	I	I	S	G	G	I	O	G	G	K	S	G	P	P
G	S	B	S	P	O	O	K	Y	H	J	C	H	E	I
G	R	C	I	L	N	J	R	L	L	Y	M	L	N	D
H	A	A	A	P	U	M	P	K	I	N	U	U	I	E
O	R	R	N	R	L	R	P	O	O	A	M	O	S	R
S	D	D	C	T	Y	S	T	O	M	E	M	P	H	P
T	O	W	C	O	S	T	U	M	E	L	Y	E	W	E
E	R	C	O	F	F	I	N	M	G	L	U	B	A	T
A	R	Y	P	O	E	S	L	A	W	P	L	N	B	U

COFFIN
BAT
WIZARD
COSTUME
PUMPKIN

SPOOKY
SCARY
GHOST
MUMMY
SPIDER





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Together We Care

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We look forward to assisting you