

she doesn't feel upset or scared. It is also important for Marie's family to show her as much love as they can by spending time with her so she does not become isolated further.

Cognitive need – making decisions, solving problems and learning.

Before Alzheimer's Marie had a job, which gave her the opportunity to make decisions. Her love of flower arranging and painting gave her the ability to learn new skills and be creative. She can no longer rely on the use of her memory, problem solve, think, understand or communicate. She can't make her own choices and decisions. As Marie's brain is effectively damaged her cognitive abilities are impaired. Marie now no longer understands language and cannot communicate her choices or preferences. This is left to her carer who might make a decision on her behalf, for example to contact the dentist to get dental work carried out or it might be that her partner has to deal with her financial matters. Marie's partner is her Power of Attorney which means that he is able to make decisions on behalf of Marie which are done in her best interests.

➤ 2b)

Carl Rogers – Person Centred Theory – Humanistic

Carl Rogers was a humanistic psychologist who agreed with assumptions of Abraham Maslow but added that for a person to 'grow', they need an environment that provides them with genuineness and empathy. Without these, relationships and healthy personalities will not develop as they should - like how a tree will not grow without sunshine and water. Rogers believed that every person could achieve their goals, wishes and desires in life. When, or if they did so self-actualisation takes place.

A person-centred approach to care is based on Carl Rogers Approach and receiving care which puts the person with dementia needs and desires first is called a person centred approach. Marie's carers deliver 'person centred' care by giving her a choice of food at mealtimes or choosing a piece of jewellery to put on.

Bandura – Social Learning Theory – Behavioural

In social learning theory, Albert Bandura proposed that observation, imitation, and modelling play is a large part of how we learn. His theory takes elements from behavioural theories which suggest that all behaviours are learned through conditioning, and cognitive theories which consider attention and memory.

Marie's behaviours that were once learned behaviours have slowly eroded and tasks that she had once learned to do from practically doing them or from observing them are no longer able to be performed due to her cognitive impairment. This can be frustrating for Marie who can't always communicate effectively. Every day Marie has to change her clothes and Graham says that every day she has to tell her to lift her arms up to put her jumper on. There are no responses from Marie in respect to understanding how to get dressed and if Graham did not prompt her she would not know that she was to get changed.

Berne - Transactional Analysis Theory – Psychodynamic

The main feature of this theory is ego states. Eric Byrne defined an ego state as a 'consistent pattern of feeling and experience directly related to a corresponding pattern of behaviour. He stated that an ego state is a way of us experiencing the world. There are three ego states - Parent, Adult and Child. Berne's theory shows that people are influenced by childhood experiences and that these experiences affect the way we think and act in the future. I learned that Marie's childhood had been quite traumatic when her Dad left the family home and the family were left homeless. She became very withdrawn as a child and spent much of her time on her own and did not socialise with many people and instead spent time with her family as she found it difficult to make relationships with people. Due to abandonment by her father, she found it hard to trust people and was wary of new people and found it difficult to build up relationships with others.

Due to Marie's dementia she spends a lot of her time in a child ego state where behaviours, thoughts and feelings to an extent are replayed from her childhood. Her behaviour with her carers can be impulsive and she can often display inappropriate behaviours when certain carers come to her home. She is known to have tantrums and is hostile and antisocial to people that are trying to help her. Marie's carers and Graham can be seen to take on the Parent role who try to seek to create order when Marie is angry and upset and try and show compassion and understanding towards Marie.

Maslow's Hierarchy of Needs – The Theory for Human Motivation

Maslow's theory focuses on describing the basic motivational stages of growth in a person using the terms:

- Physiological
- Safety
- Belonging and love
- Esteem
- Self-actualisation



It is portrayed in the shape of a pyramid with the largest needs at the bottom and the need for self-actualisation at the top. The belief is that as humans we need to fulfil these basic needs in order to develop.

The physiological needs that were required to be met for Marie were the physical aspects of her quality of life while living with dementia. These needs would be for Marie to live in an adequate home, suitable for her needs and a stable environment to allow for adjustments to her changes to behaviour and her cognitive abilities.

Marie's social worker can apply these needs in the assessment, planning, implementation and evaluation of her care. It allows the care agency to determine how best to meet Marie's needs. When reassessing Marie's needs, the social worker and care agency would meet with Graham to

determine if all Marie's needs are being met. For example, something may have changed in Marie's illness that causes her to become incontinent. This would need to be addressed so that her needs are met. This could involve getting the Incontinence Service involved so that Marie has adequate protection from accidents so that she is not left feeling uncomfortable and stressed if she isn't able to communicate that she needs the toilet.

Marie's dementia is now advanced, and she will be unsure that her needs are being met. This can cause paranoia and fear, so it is really important for Marie to be in a safe, home like atmosphere so that she feels her level one needs are being met.

➤ 2c)

Sociological Concept - Roles

Social Influences - Family

Social roles in psychology are defined as the 'collection of expectations that accompany a particular social position'. The roles of a family are broken down as Mum, Dad, Sister, Brother, Grandparents etc. One of Marie's role within her family is Grandparent. A Grandparent is seen as an important role in a child's life and is seen as a critical role in keeping a family stable and raising well balanced grandchildren.

At this stage of Marie's life, she is unable to fulfil her role as a Grandparent due to her dementia. She is unable to instil values and knowledge in the lives of her grandchildren. She can no longer be there to provide basic needs to her grandchildren or teach valuable life lessons to them.

Sociological Concept - Prejudice

Social Influences – Marginalisation

Prejudice is described as an attitude that is unjustified or incorrect which is usually negative towards an individual based on their membership of a social group.

As Marie has developed an illness she is no longer the person she once was and is excluded from activities that her friends would usually include her in. This means she is no longer asked if she would like to go out with her friends and socialise like she once did. These actions by her friends make her feel marginalised and this is known as prejudice. Her friends have made assumptions that because she has an illness that affects her brain that she should no longer be included in their social planning. Marie would benefit from being socialised with familiar people.

Sociological Concept - Stereotyping

Social Influences - Peers

Stereotyping is the positive or negative beliefs that we hold about the characteristics of a social group. We may decide that people that stay in a certain part of town are poor, or that old people are not very competent. We may use these beliefs towards people that are in these groups. When a person is labelled by their illness they are no longer seen as an individual but as part of a stereotyped group.

Marie is stereotyped because of her illness as she has Alzheimer's. As Alzheimer's affects the person's ability to understand, it shouldn't mean that they are any less worthy of living and making choices for themselves.

➤ 2d)

The Life Changes Trust

The Life Changes Trust work with and funds organisations and groups who share their vision of a Scotland where people living with dementia live in inclusive and respectful environments, with permanently improved quality of life, well-being, empowerment and social inclusion. The Trust are committed to seeing the whole person and ensuring that they are central to decisions that affect their lives and that they are empowered in their own community. In March 2019, The Life Changes Trust have announced new grants programme for local projects to apply for grants to deliver work which will support people affected by dementia.

Alzheimer's Research UK

This organisation funds a unique Research Network of over 1000 dementia researchers across 15 Centres in the UK. Volunteers take part in research studies or clinical trials to help scientists and doctors understand more about the disease and test new treatments.

University College London is following people with early onset Alzheimer's. Their overall aim is to get better diagnosis, preventions and treatments. Over the past 10 years, their funding has helped to discover 21 genes linked to Alzheimer's.

➤ 2e)

1. Alzheimer's Scotland – Day Care Service

Marie goes there for social stimulation and tries to help maintain basic social life skills. The centre holds activities such as exercise classes, singing groups and baking/cooking groups. These activities are undertaken to explore Marie's personal value base. As parts of Marie's social work assessment, it was recognised that she likes to draw so when she goes to day-care she takes part in painting classes.

2. Domiciliary Care – Care at Home Services

Marie receives support from Richmond Fellowship and the focus of the care is to support Marie. Her care plan was developed by assessing her needs and from this the carers encourage Marie to be as independent as she can be. They work to ensure she is free from harm and that she is empowered when possible. The professional working relationship that is formed between Marie and her carers are influenced by legislation, professional codes and their own policies.

3. Residential Care – Respite Care

The positive care environment that Marie's family required was a care home that had a strong mission stated and had evidence that staff were trained and adequately supervised so that there are assurances that staff can work with Marie in a positive way. It is important for Graham to see that the care home had a range of services that would meet Marie's outcomes. The therapeutic and

organisational features of the care home are very important to Marie' s family and this will ensure that Marie will have a positive experience whilst away from Graham in an environment that keep Marie happy and content.

> 2f)

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SECTION 3 - EVALUATION

> 3a)

Throughout my project, I had several parts which I felt went good and also parts I felt that didn't go so well.

Best bits!

- * My research skills were in-depth and I was able to link my theories to Marie's scenario
- * I was able to build a trustworthy friendship with my Marie's family who felt comfortable telling me what I needed to know about Marie and her illness.
- * I was able to get a clear understanding of Marie's illness and how it affected her as up until starting this project I had no understanding of Early Onset Alzheimer Disease
- * Kept my log book up to date and I would routinely fill this in at the end of class. This acted as a tracker and I knew where to start from next time. This helped me to avoid working on tasks I had already completed.
- * I learned that whilst Alzheimer's is degenerative condition and Marie is unable to care for herself or communicate her needs, there is a very strong principle demonstrated by society, care givers and individuals that people are equal and should be treated with respect without prejudice, stereotyping or discrimination.

Areas to improve on

- * My time management overall wasn't as good as it could have been. I did take too long to complete tasks and did not organise myself well enough and I did find myself feeling a bit stressed when I hadn't moved on at the pace of some of my class mates.
- * I didn't speak to the care agencies involved in Marie's care and this is an area I would do differently next time to understand more about how they deliver person centred care to people under 65 living with Alzheimer's.

> 3b)

By being able to take part in this project, I will be able to use the knowledge that I have gained in the future. Wanting to be a nurse, this will help me understand the development and behaviour of people, and the core values and principles of care. The most beneficial part was learning about the psychological theories and how they can help certain individuals in different ways. I have also learnt that people have different needs these are important for an individual's development both emotionally and physically which again will help me in my

future career. This project has helped me understand what I would have to do if I wanted to go into a different career path rather than just nursing, if I was to work in a nursery for example I would know a child's social, emotional and physical needs and why their behaviour is the way it is.