

# #HospiceLink

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## DEMENTIA – TE MATE WARE WARE

Dementia is progressive, which means that for most people the changes gradually spread through the brain. While some people can live with the disease for many years, Alzheimer's disease is progressive, life-altering, and ultimately fatal.

The symptoms each person experiences depend on the parts of the brain that are affected. However, the most common dementia symptoms include changes in memory, thinking, behavior, personality, and emotions. These changes affect a person's ability to perform everyday tasks and interfere with their everyday lives. Dementia is different for everyone – what people experience, and how quickly they are affected is unique to them

### Key facts (Alzheimer's NZ)

- Almost 70,000 Kiwis are living with dementia today.
- Almost 170,000 Kiwis are likely to be living with dementia by 2050
- Four out of five New Zealanders know or have known someone living with dementia.
- Residential care currently accounts for around half of the economic cost of dementia borne by the government (\$1.21b).
- Dementia numbers are increasing at a faster rate among Māori, Pasifika, and Asian populations than those of European New Zealanders.

### What we know:

- People with dementia may experience physical pain for the same reasons as you/or I
- Underdiagnosed and under-managed pain in people with Dementia is a real concern
- Pain is a common symptom in dementia with prevalence rates reported in some studies to be around 35 – 70%, with the incidence and severity of pain increasing in advanced disease
- Pain management is the careful use of treatments to reduce suffering
- Every person has a right to have relief from pain
- Unrelieved pain can have serious consequences
- Principles of Dementia care include maximization of comfort and other symptoms

Access to quality palliative care can help minimize unnecessary suffering and potentially improves the quality of dying for people with dementia. The Hospice Taranaki CNS can be available for consult advise/support/guidance in management of end of life Dementia care. Contact [Lisa/Lynne](#) or complete the [Hospice Consult form](#)

### Gems of resources for Link Nurses and staff

**Frailty Care guides NZ** - this will link you to the sections on Dementia. The assessment of pain in individuals with advanced dementia can be complex and challenging for care home staff to manage. The PAINAD- is a valid and reliable tool to determine the absence of pain in non-verbal aged patients (see link and information below also)

- [Dementia Update](#)
- [Pain assessment and management](#)



**The Mate Wareware app** has been developed to be Māori-friendly and has been co-created through collaboration with end-users such as Kaumātua and whānau who helped identify topics, and user-tested it. Tikanga Māori is central to the app, with an introduction and karakia by kaumātua, and everyone featured in it is Māori – from the social worker to the whānau affected by mate wareware.

Topics covered in the app include what mate wareware is and what Māori understandings of it is, the types and causes of it, how to look after whānau who are affected by it and how to identify if someone might be suffering from – [Mate Wareware](#)

## The later stages of dementia – Alzheimers New Zealand

Dementia is a progressive condition for which there is currently no cure, so it's important to be prepared and to know what to expect at the final stages. This booklet for people with Dementia and their family/whanau is a beautifully presented, I have given this to many families who have found it a valuable resource. It covers Preparing for the later stages:

- What happens in the later stages of Dementia
- Health problems in the later stages
- Towards the end – palliative care
- Coping after death

## [The later stages and end of life care](#)

### Upcoming Education

#### Palliative Care lecture series

2 March 2023:

The Children's Palliative Care Initiative  
Megan Doherty Paediatric palliative care specialist  
Time: 07:30 am – 08.30 am

Watch them wherever you are, you'll be able to access all you need for the lecture via a private [webpage](#).

If you wish to listen to earlier lectures, [click here](#)

### COMING UP...

may be of particular interest to

#### Aged Care Facilities managing MND patients

April 2023  
Neurological Palliative Care (MND)  
David Oliver Honorary Professor  
Time: 07:30 am – 08:30 am

#### Syringe Driver Competency – [click here](#)

Wednesday 8 March: 1 pm – 3 pm

#### Syringe Driver Refresher – [click here](#)

Wednesday 15 March: 1pm–2.30pm

### BRAIN TEASER

Each month our newsletter will have a puzzle, activity or brainteaser. Submit your answers to [Paula](#)

Last month we had a lot of entries and some of the answers gave us the giggles– thanks guys. But yet again the winner was: Sandra Heal Kohatu Rest Home

"What three letters can frighten a thief away?" ICU

This month's brain teaser:

Once in a minute  
Twice in a moment  
But never is a Thousand years  
What is it??

