

Contents

1	Dementia	1
1.1	Disease	2
1.1.1	Forms of Dementia	3
1.1.2	Symptoms	7
1.1.3	Diagnosis and Differential Diagnosis	12
1.1.4	Prognosis	13
1.1.5	Treatment	14
2	Mental Disorders	19
2.1	Psychosis	20
2.1.1	Classification of Psychoses	20
2.1.2	Symptoms of Psychosis	21
2.1.3	Treatment and Care	23
2.2	Depression	24
2.2.1	Symptoms of Depression	24
2.2.2	Treatment and Dealing with Depressive people	25
2.3	Mental Disability	26
2.3.1	Symptoms of Mental Retardation	26
2.3.2	Treatment Options	27
3	Dealing with People with Dementia	29
3.1	Communication	30
3.2	Communication with People with Dementia	32
3.2.1	Communication Problems	33
3.3	Interaction	35
3.4	Dealing with People with Dementia	35
3.4.1	Attitude	35
3.4.2	Getting to Know	36
3.4.3	Nonverbal Communication	38
3.4.4	Verbal Communication	40
3.5	Biography	48
3.5.1	External Biography	48
3.5.2	Internal Biography	51
3.6	Communication Games	54
4	Age-Related Diseases	57
4.1	Diabetes Mellitus	58
4.1.1	Clinical Picture	58
4.1.2	Diagnosis and Treatment	60
4.1.3	Hyperglycemia (Hyperglycemia)	60
4.1.4	Hypoglycemia (Hypoglycemia)	62
4.2	Degenerative Diseases of the Musculoskeletal System	62
4.2.1	Joint Wear (Osteoarthritis)	62
4.2.2	Osteoporosis (Bone Loss)	64

4.3	Cardiovascular Diseases	65
4.3.1	Heart Diseases	67
4.3.2	The Blood Pressure	67
4.3.3	Stroke (Apoplexy)	69
5	Care and Documentation	73
5.1	Care Process	75
5.1.1	Phase 1: The Information Collection	75
5.1.2	Phase 2: Recognizing Resources and Care Problems	76
5.1.3	Phase 3: Determination of the Care Goals	78
5.1.4	Phase 4: Planning of Care Measures	79
5.1.5	Implementation of Care	81
5.1.6	Evaluation (Evaluation)	82
5.2	Nursing Documentation	83
5.2.1	Structure of the Nursing Documentation	83
5.2.2	Content-Related Criteria	84
5.2.3	Formal Criteria	85
5.3	Basic Knowledge of Nursing	85
5.3.1	Activating Care	86
5.3.2	Degrees of Independence	86
5.3.3	The Need for Assistance	88
5.4	AEDL Structuring Model	89
5.4.1	Communicating	90
5.4.2	Moving Around	91
5.4.3	Maintaining Vital Functions of Life	92
5.4.4	Care for Oneself	93
5.4.5	Eating and Drinking	94
5.4.6	Excretion	97
5.4.7	Dressing Oneself	98
5.4.8	Resting and Sleeping	98
5.4.9	Keeping Busy	99
5.4.10	Feeling as a Man or Woman	99
5.4.11	Ensuring a Safe Environment	100
5.4.12	Securing Social Areas of Life	103
5.4.13	Dealing with Existential Experiences of Life Cope	103
5.5	Care Documentation	104
5.5.1	Structure of the Documentation	104
5.5.2	Contents of the Care Documentation	105
5.5.3	Documentation in the Outpatient Sector	107
5.5.4	De-bureaucratized nursing documentation	107
6	Care of People with Dementia	109
6.1	Occupation	111
6.2	Occupational Opportunities	113
6.2.1	Communication	113
6.2.2	Movement	113
6.2.3	Eating and Drinking	116
6.2.4	Engaging	121

6.2.5	Securing Social Areas of Life.....	133
6.2.6	Resting and Sleeping.....	134
6.2.7	Feeling as a Man or Woman.....	135
6.2.8	Care for Oneself.....	135
6.2.9	Existential Experiences.....	136
6.3	Daily Structure	139
6.3.1	Week Structure.....	140
6.4	Environmental Design	141
6.4.1	Orientation Aids.....	144
6.4.2	Animals.....	145
6.5	Person-Centered Interventions	148
6.5.1	Validation.....	148
6.5.2	DCM.....	150
6.6	Expert Standard for Relationship Building in the Care of People with Dementia	153
6.6.1	Understanding Hypothesis.....	154
6.7	Organization	154
6.7.1	Preparation.....	154
6.7.2	Implementation.....	155
6.7.3	Follow-up.....	155
7	Nutrition	157
7.1	Components of Nutrition	158
7.1.1	Macronutrients (Carbohydrates, Fat and Protein).....	158
7.1.2	Micronutrients (Vitamins, Minerals, Trace Elements, Secondary Plant Substances)...	161
7.2	Healthy, Balanced Diet	163
7.2.1	Body Weight.....	165
7.2.2	Energy Requirement.....	166
7.2.3	Calculation of the Energy Requirement.....	167
7.3	Over-, Mal- and undernutrition	167
7.3.1	Physical Changes in Old Age—Loss of Muscle Mass.....	167
7.3.2	Overweight (Obesity).....	168
7.3.3	Underweight -Malnutrition (Malnutrition).....	169
7.4	Diet or Hospital Diet	170
7.4.1	Diet.....	171
7.4.2	Light Diet.....	171
7.4.3	Liquid Nutrition.....	171
7.4.4	Artificial Nutrition (Tube Feeding).....	172
7.5	Balanced Fluid Balance	172
7.5.1	Lack of Thirst in Old Age.....	174
7.5.2	Dehydration (Dehydration).....	175
8	Housekeeping	177
8.1	People with Dementia at Home	178
8.2	People with Dementia in Residential Groups	178
8.3	Household Care within the Framework of the Long-term Care Insurance	179
8.3.1	Shopping/Errands.....	179
8.3.2	Preparing Meals/Cooking.....	181

8.3.3	Dishes.....	183
8.3.4	Cleaning the Apartment.....	183
8.3.5	Laundry Care.....	184
8.3.6	Heating	184
9	First Aid	185
9.1	The Emergency	186
9.1.1	The Rescue Chain	186
9.1.2	The Emergency Call	186
9.2	Life-saving Immediate Measures	187
9.2.1	Recovery Position	187
9.2.2	Shock Treatment.....	188
9.3	First Aid for Cardiac Arrest	188
9.3.1	Chest Compression.....	189
9.3.2	Breathing Donation	190
9.4	First Aid for Injuries	190
9.4.1	Injury from Falls	191
9.4.2	First Aid for Bleeding.....	192
9.4.3	First Aid for Burns/Scalds.....	195
9.4.4	First Aid for Poisoning.....	196
10	Legal Knowledge	197
10.1	Charter of Rights of People in Need of Help and Care	198
10.1.1	Significance of the Charter	199
10.2	Confidentiality	200
10.2.1	What is Covered by Confidentiality?.....	200
10.2.2	To Whom does Confidentiality Apply?.....	200
10.3	Important Legal Regulations	201
10.3.1	Long-term Care Insurance.....	201
10.3.2	Care Strengthening Acts 1 and 2	203
10.4	Crimes Against Life	204
10.5	Legal Guardianship	205
10.5.1	Power of Attorney.....	207
10.5.2	Advance Directive.....	207
10.6	Deprivation of Liberty	208
10.6.1	Restriction of Freedom by Mechanical Devices	209
10.6.2	Closed Accommodation.....	210
10.7	Protection Against Infection Act	210
11	Cooperation	213
11.1	Cooperation in the Facility	214
11.1.1	Organizational Structure	214
11.1.2	Responsibility	215
11.1.3	Job Description	216
11.1.4	Concept.....	216
11.2	Cooperation with Relatives	217
12	Outlook	219

Service Part

Appendix	224
Glossary	239
References	244