

## Dementia: a diagnosis without HOPE?

**43% of over 50s list dementia as their most feared disease, ahead of cancer (30%) or a stroke (12%)**

Saga Survey 2016

### The Power of Hope as a Therapeutic Tool

### Hope is an emotion and a way of thinking

**Hope as opposed to optimism comes more into play when individuals are dealing with greater uncertainty<sup>1</sup>**

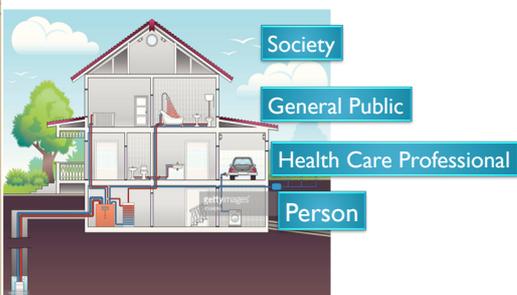
*'Hope, fear and doubt are forms of thought or better forms of life, not facts of life'*  
Wittgenstein

<sup>1</sup>Bury SM, Wenzel M, Woodratt L. Giving hope a sporting chance: Hope as distinct from optimism when events are possible but not probable. Motivation and Emotion 2016; 40, 4, 588-601

### Importance and benefits of Hope

- **Less anxiety: effects on brain areas that mobilise motivation & agency**
- **Better performance**
- **Greater focus on adherence and prevention of disease**
- **Fundamental element in overcoming, coping with & recuperating from illness**

### Creating a Framework of Hope at Multiple Levels



### Implicit Bias & Dementia: A Professional Blindspot

- Unconscious associations of dementia = **NEGATIVE IMAGES, HOPELESSNESS, WHAT'S THE POINT? FEAR** all of which negate **EMPATHY**
- Influence our reactions and behaviors towards people with dementia
- Unconscious holds implicit bias when stressed
- Without **EMPATHY**, it's difficult to instill **HOPE**

Can education & training raise **HOPE** at the health care professional level?

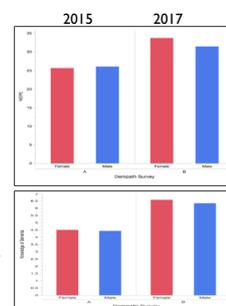


### DemPath: A High Hopes Hospital Pathway

- Survey 2015 & 2017
- Approaches to Dementia Questionnaire
- Knowledge of dementia

### Knowledge is a pathway to HOPE

- Increased **HOPE & knowledge**
- Greater knowledge raises **HOPE**
- DemPath Training was best predictor of increased **HOPE**
- Highest **HOPE** gains in staff nurses, catering, HCA



## How does training & education work?

**Provides 'a way'**

**Increases empathetic interactions**

## Part of the Framework of Hope

At ease E-learning

**ST. JAMES'S HOSPITAL**

### Dementia Awareness

In this module, you will learn about dementia, how it affects people and how to communicate with someone who has dementia.

**ST. JAMES'S HOSPITAL**

### Communication

Welcome to this module about how best to communicate and enable positive relationships with those with dementia.

You should allow approximately 25 minutes to complete this module.

**Launch St. James's Hospital**  
15<sup>th</sup> June 2018

**National Launch through**  
NDO September 2018

**Available on:**  
[www.understandtogether.ie](http://www.understandtogether.ie)

**"I make them feel that they're still part of life, part of some grand nutty scheme, instead of alone with their diseases. With me, they still feel part of the human race."**

*"The Fat Man"*

The House of God  
Samuel Shem 1978