Rhythm of Life – person Centred care
Montessori and ARV

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Spaced Retrieval
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Rhythm of Life
Commenced at ARV in 2013
Montessori commenced in 2014

Marie Montessori- 1870-1952
Her aim was to teach the unteachable
Falls in people with Dementia

- Annual incidence of falls in cognitively impaired populations is 70-80% i.e. double that of the normal population
- Fractures are up to 3x commoner in people with dementia
- Hip fracture is 3x commoner, and patients with dementia are 3x as likely to die in the first 6 months

Sue Kurrle, March 2012
Physical Comorbidities in Dementia
Dementia Collaborative Research Centre UNSW
**Actual disability** is the disability associated with the disease. **Excess disability** is not a result of the disease. It arises from the *disuse of remaining abilities*

(Dawson, Wells & Kline, 1993)

So let’s focus on what people can do and not what they cannot do

**If you don’t use it you lose it**
Spaced retrieval is working with people who have dementia to retain pieces of information for longer periods. It’s working on **Procedural memory**

- Habits
- Motor learning
- Repetitive priming (practice)
- Classical conditioning

(Camp & Brush 1998)

• Telling the person the information you’d like them to learn
• Immediate recall
• Gradually expanding the intervals to successfully recalling the information
For Falls prevention
- To lock the wheelchair brakes
- To hold onto the handrail
- To remember to use the walker when they walk

The Spaced Retrieval Technique
- Assess what are the issues/treatment plan
- Explain what you are doing
- Begin with a prompt question
e.g. **Question**- What do you use when you walk?
- **Reply** - I use my walker/pusher

Screening tool
If they pass this tool then they are usually suitable for SR
The use of **motor** and **visual** information e.g. tapping the frame and written visual information

If the answer is correct increase the time interval to the question. If incorrect then the participant is told the correct answer and asked to repeat it. **Errorless learning**

It’s always the same question and the same answer

**Q:** What do you use when you walk?
**A:** I use my pusher.
SPACED RETRIEVAL VIDEO
Spaced Retrieval

- Correct
- Correct
- Correct
- Incorrect
- Correct
- Correct
- Correct
- Correct
In SR the client /resident practices recalling information over successfully longer intervals

Long term goal is retention
Instruct others
The person will learn it faster and retain it.

Always the same prompt question and the same reply.
References:


Kurrle, S (13TH March 2012) Physical Comorbidities of Dementia, Dementia Collaborative Research Centre- Translating Research into practice UNSW

Spaced Retrieval Memory Training- video presentation
www.dementiability.com