

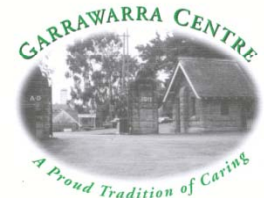
# Walk in Their Shoes

An Experiential Learning  
Challenge

Presented by Cathy Wynn &  
Yvette McKenna

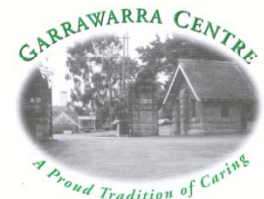
Clinical Nurse Educators,  
Garrawarra Centre

*Garrawarra Centre- Experiencing Dementia program*



# Relevance of Program

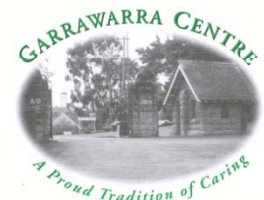
- Empathy skills and a genuine person-centred approach are complex and difficult to teach when compared with theory related to common age changes.
- The program is an experiential, high impact learning exercise designed to enable participants to experience, in part, the world of a person with Dementia.



# Motivation behind the Program

- Garrawarra Centre is home to 120 residents, all of whom have moderate to severe Dementia. Many of the resident's exhibit behaviours of concern, and are often transferred from other Residential Aged Care Facilities because of our recognised management skills and expertise.

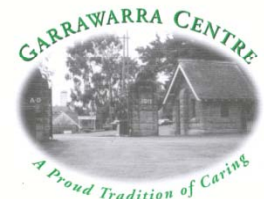
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# About the Program

- A program called “Experiencing Dementia” was written by Bundoora Extended Care Centre, in Victoria, as a workshop, and has been adapted by the authors for a two hour education session.
- Garrawarra Centre has purchased the package, and utilises the adapted version regularly in staff education.

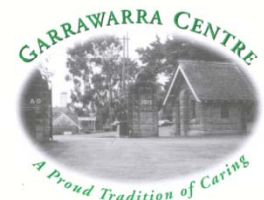
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# Why use this Program

- This program enables the participants to feel and exhibit the behaviours that are often attributed to people with Dementia; to improve their understanding about why behaviour can exist; and help give the participant insight about how the environment, including themselves, can impact on challenging behaviours.

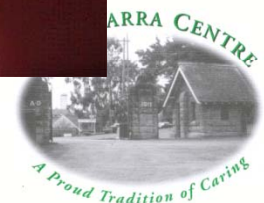
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# Conducting the Program



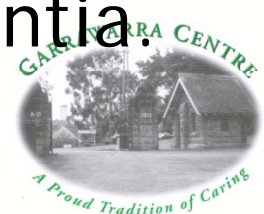
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# Conducting the Program

- The simulation runs for an hour, followed by an hour for discussion and reflection.
- The participants must put a set of pyjamas on, then complete the following tasks:
  - Toileting
  - Showering
  - Making a cup of tea
- The tasks are designed to mimic the daily challenges faced by those with dementia.

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# Dressing



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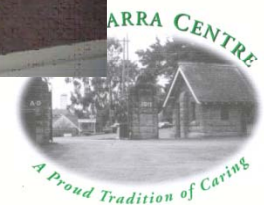
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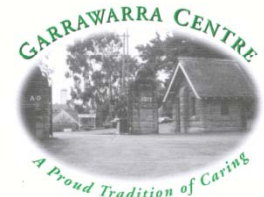


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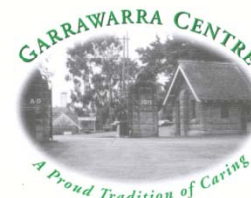
# Participant Reactions

- There is a huge variation in reactions
- Some become very driven and competitive
- Some withdraw and make no attempt to complete the tasks
- Many follow, especially if someone appears to be achieving
- Some are completely overwhelmed and frustrated by the situation, and forget it is a simulation.



# Participant Reactions

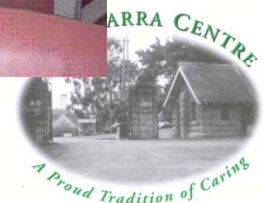
- Care must be taken by facilitators to be aware of those who react & become distressed during the simulation. They are directed to sit in a corner and observe.
- Skilled facilitation is necessary to help participants process and express their feelings, and to be able to leave the simulation behind.



# Participants Evaluation



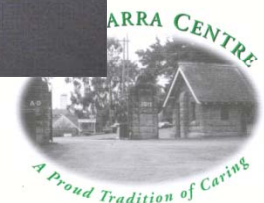
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# Evaluation and Discussion



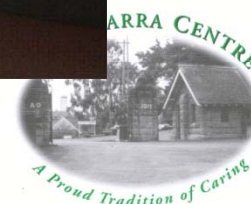
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# Discussion



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# Interested in purchasing your package

- The package can be ordered from Bundoora as follows:
- Contact Natalie Carroll on [natalie.carroll@nh.org.au](mailto:natalie.carroll@nh.org.au)
- Phone (03) 9495 3476
- If you let Natalie know you heard about the package at this conference, she will reduce the price from \$499 to \$399

