



Dementia

Visit from an Old Friend

Dementia is a progressive neurocognitive disorder currently affecting 1.1 million Canadians (17) and their caregivers. Individuals with dementia suffer from decreasing brain function involving the areas of memory, mood, planning, judgement, language and attention (18). Dementia can be either primary (permanent) or secondary (reversible). This simulation will showcase the experience of an individual who has dementia with Lewy body disease, the second most common dementia in Canada, but often mistaken for Alzheimer's or Parkinson's disease (1). This simulation focuses on hallucinations (seeing and hearing things that are not there) the most recognizable symptom of Lewy body dementia (20).

Welcome to a visit from an old friend! In this simulation, you will take the role of 72 years old Sara, a nursing home resident. During the simulation, you will hear an auditory hallucination track while responding to Ana's questions. This will help you understand the experience of hallucinations and empathize with older adults living with Lewy body dementia.

Materials

- A computer
- Headphones

Procedure

1. Complete the precursor simulations if you have already done so.
2. Put in/on headphones.
3. Press play for the simulation video to start.
4. Adjust the volume to a minimum of 50 percent to fully experience the hallucination track.
5. In a video, you (in your role as Sara) will be asked to answer several questions. Provide your responses out loud.
6. Take a couple of minutes to reflect on your experience using the questions below.

Reflection Questions

1. How did you feel when you realized that Ana was a hallucination?
2. How would having dementia with Lewy bodies impact your daily living and relationship with others?
3. How might experiencing a simulation of dementia with Lewy bodies change the way you perceive those who are living with dementia?