Top Ten Unmet Needs of People Living with Dementia

<table>
<thead>
<tr>
<th>Five Expressions of Emotional Distress</th>
<th>Five Physical Needs</th>
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</thead>
<tbody>
<tr>
<td><strong>Angry</strong></td>
<td><strong>Intake</strong></td>
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<tr>
<td>irritated – angry – furious</td>
<td>hunger or thirst</td>
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<tr>
<td><strong>Sad</strong></td>
<td><strong>Energy</strong></td>
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<tr>
<td>dissatisfied – sad – hopeless</td>
<td>tired or revved up</td>
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<tr>
<td><strong>Lonely</strong></td>
<td><strong>Elimination</strong></td>
</tr>
<tr>
<td>solitary – lonely – abandoned/trapped</td>
<td>need to go or did</td>
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<tr>
<td><strong>Scared</strong></td>
<td><strong>Discomfort</strong></td>
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<tr>
<td>anxious – scared – terrified</td>
<td>temperature or sensations</td>
</tr>
<tr>
<td><strong>Bored</strong></td>
<td><strong>PAIN!!!</strong></td>
</tr>
<tr>
<td>disengaged – bored – useless</td>
<td>joints, internal or external systems</td>
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</tbody>
</table>
### The Person

Think of the person first and the brain change second. Consider:
- **Who they were**
  - Personal history: joys/traumas
  - Life Roles: professional/family
- **Who they are becoming**
  - Preferences: likes/dislikes
  - Personality traits
  - Core values

### Fitness, Health, Wellness

Remember other health challenges and previous lifestyle choices contribute to the situation. Consider:
- Ability to intake food/fluid
- Medication/supplement side effects
- Emotional/psychological stressors
- Sensory system function/sensitivity
- Personal healthy beliefs/choices
- Recent change: acute illnesses

### Brain Change

Dementia is a syndrome, a collection of symptoms. Consider:
- Diagnosed type(s) of dementia
- Delirium might present as dementia
- Self-awareness of change
- Onset and duration of Symptoms
- Current GEMS™ ability level
- Retained and changed abilities

### Stakeholders

All individuals who interact with a person living with dementia (PLWD). Consider their:
- History with PLWD
- Awareness of the whole situation
- Knowledge of a changing brain
- Hands on dementia skill training
- Current relationship with PLWD
- Personal Agenda

### Environment

Brain change impairs the nervous system and affects experience. Consider the four Fs and Ss of a setting:
- Does it feel Friendly and Familiar?
- Is it Functional and Forgiving?
- Sharing Space: Am I comfortable with public, personal, and intimate interaction?
- Response to Sensation: What happens when I see, feel, hear, smell, or taste something?
- Sensitivity to Surfaces: Notice responses to textures I touch, stand, or walk on.
- Social experiences: As my tolerance changes expectations of me will need modifying

### Time

Are days structured and meaningful for a person? Notice if someone is experiencing time differently than you are. Consider these categories of time:
- **Productive:** offers value and purpose
- **Leisure:** preferred, fun and playful
- **Wellness:** gives self-care
- **Restorative:** calms and recharges
- **Waiting:** not natural or comfortable
- **Where or What:** becomes curious about a person’s experience of place and time of day