

RESPONDING TO STRESS AND DISTRESS

Investigating the phenomenon of Time-shifting in Dementia

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BACKGROUND AND THEORY

Time-shifting is a common phenomenon

Lack of occurrence and frequency analysis

Importance of caregivers understanding/training

Recognising when a person may be time shifted is key



THE THEORY

A person's ability to remember events depends upon a set of complex interactions in the brain (encoding, storage and retrieval)

Think of an efficient library system – pick, store, access on request (Jones and Miesen, 2004).

Problems start to occur with encoding and storage of new information.

People lose the ability to store new memories - books will be retrieved from old stock.



THE THEORY

Tendency to remember more recent events than those from long time ago.

Memories associated with significant events tend to be recalled easier, linked with emotions

People with dementia are unable to retrieve recent memories therefore tendency to go back to earlier memories to make sense of the world around them (Mackenzie, Smith and James, 2015)

May also be expression of communicating an unmet need.



THE STUDY

40 care home staff

Semi structured questionnaire

- Q1. Is time-shifting a common feature of dementia?
- Q2. How many people do you care for become time shifted on one or more occasion?
- Q3. Have you ever cared for someone who regularly time-shift?
- Q4. How often did they time-shift?
- Q5. What do people say or do?



FINDINGS

The results reveal that time-shifting is a common phenomenon.

- 98% of care home staff were able to identify a resident who had regularly displayed time-shifting
- 71% of staff stated that the time-shifting phenomenon was either very common or ubiquitous
- 62% of staff stated they were currently nursing five or more People with Dementia in their care facility displaying the phenomenon



THEMATIC PERSPECTIVE

The largest proportion of responses were related to people talking about family members (normally deceased)

- Asking to see parent, husband, wife or partner
- People also talk about needing to leave the care home to collect their small children from their school

Also highly rated was a need for a person to get to work or complete paid work



DISCUSSION

Important for caregivers to be able to identify when a person is time-shifted.

- Asking odd questions (Where am I? How much does it cost to stay here)
- Making odd statements (The kids will be getting out of school; my gran is ill)
- Getting upset (tearful.. I've got to see him)
- Doing things that are consistent with a previous job (Brushing the floor with a broom)



EXAMPLE: PRISONER OF WAR

Reliving prisoner of war experiences



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REFERENCES

Gibbons, L., Keddie, G., and James I.A. (2018) 'Investigating the phenomenon of time-shifting', *Australian Journal of Dementia Care*, 7 (1), pp.32-34

Jones, G.M.M and Miesen, B.L (2004) *Care Giving in Dementia Research and Applications Volume 3* East Sussex: Brunner-Routledge

Mackenzie, L. Smith K. and James, I.A. (2015) 'How a time machine concept aids dementia care', *Nursing Times*, 111(17), pp.18-22

THANK YOU FOR LISTENING

Any Questions?



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INTERVENTIONS

1. Re-orientation strategies

2. Newcastle Model Formulation

3. Hierarchy of Needs

- Meeting needs
- Substitute/simulate the needs
- Redirection and distraction
- Enter the person's world: Therapeutic lies

