



arteveldehogeschool

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**People with dementia and the use
of multi-sensory storytelling as an
OT**

Who am I?

- Occupational therapist
 - Elderly with dementia
 - Home for elderly
 - Ghent (centre)
- Teacher at Artevelde



Dementia...

- A serious disorder
- A progressive deterioration of the functioning of the brains
- By a decrease in nerve cells and/or connections between nerve cells

Stages of dementia (Tessa Perrin, 2008)

- Early dementia

Loopholes in the memory
Storing new information is difficult
Difficulties with complex activities

→ People feel **threatened**

- Middle dementia

- Late dementia

Stages of dementia (Tessa Perrin, 2008)

- Early dementia
- Middle dementia
- Late dementia

Loopholes in the long term memory
Loss of grip on reality
Past and present intermingle

→ People feel **lost**

Stages of dementia (Tessa Perrin, 2008)

- Early dementia
- Middle dementia
- Late dementia

Completely introverted
Memory and language disappeared
Focused on basic needs

→ People are **recessed**

Possible therapies...



Possible therapies...



But... Not for everyone...

- Difficulties finding meaningful activities for certain elderly
- Middle/late stage of dementia
 - Maze behavior
 - Difficulties making contact (verbal/non-verbal)
 - Difficult to engage in group activities
 - Limited interested in relaxation, snoezelen

That's why... MSST

- Multi-sensory storytelling
 - Simple story
 - Sensory stimuli (the 5 senses)
 - 1 phrase = 1 or 2 stimuli
 - What you say is experienced
 - Customized to the elderly



Goals of MSST

- Meaningful activity
- Being together
- Contact, interaction
- Gain sensory experience
- Maintain individuality (differentiate themselves from the rest)



Origin of MSST

- PAMIS (Promoting A More Inclusive Society)
 - Volunteer organization in Scotland
 - People with severe multiple disabilities

- MULTIPLUS
 - Center of expertise: persons with multiple disabilities
 - University of Leuven (Belgium)

Origin of MSST

- Kronkels
 - Support center for occupational therapy
 - Artevelde University College



MSST – What's in a name?

- **Content** of a MSST?
 - Personalized (story should be recognizable)
 - Focus on positive experience

MSST – What's in a name?

- **Structure** of a MSST?
 - Short (10-15 min, 6-8 phrases)
 - Used language = simple
 - Person with dementia = head role in story
 - 1 to 1
 - Need for an obvious end



MSST – What's in a name?

- **Presentation of a MSST?**
 - Story box
 - 1 phrase = 1 or 2 stimuli
 - Illustrates what is told
 - Stimulus attracts attention
 - Invites exploration
 - Is adapted to the possibilities and interests of person

MSST – a day at the beach

- XXX, it's a beautiful day! The sun is shining, a perfect day to go to the beach!
 - Imitating the sun by using a mirror, using cherry pit cushion for warmth
- Do you feel the sand between your fingers XXX? What a wonderful feeling!
 - Sliding sand through fingers, using sand sacks on arms...



MSST – a day at the beach

- Do you hear the sea gulls, they make a lot of noise!
 - Sound and images of sea gulls, tactile with feather...
- Watch out XXX! Don't forget to put on some sunscreen.
 - Scent of sunscreen, small hand massage with sunscreen.

MSST – a day at the beach

- XXX takes a dip in the sea, how great!
 - Sound of sea, with a moist cloth along the hands and face
- XXX quickly dries her/himself with a towel, it's almost time to go home.
 - Rubbing a towel over the skin

MSST – a day at the beach

- What a beautiful day! Tired but satisfied, XXX drinks a fresh lemonade
 - Drinking/smelling lemonade

Support group - MSST

- 2014 – 6 meetings
- 8 occupational therapists
- Development of 8 MSST-boxen
- Tested and refined

MSST - boxes

- Fun fair



MSST - boxes

- Cooking



MSST - boxes

- Farmers outside



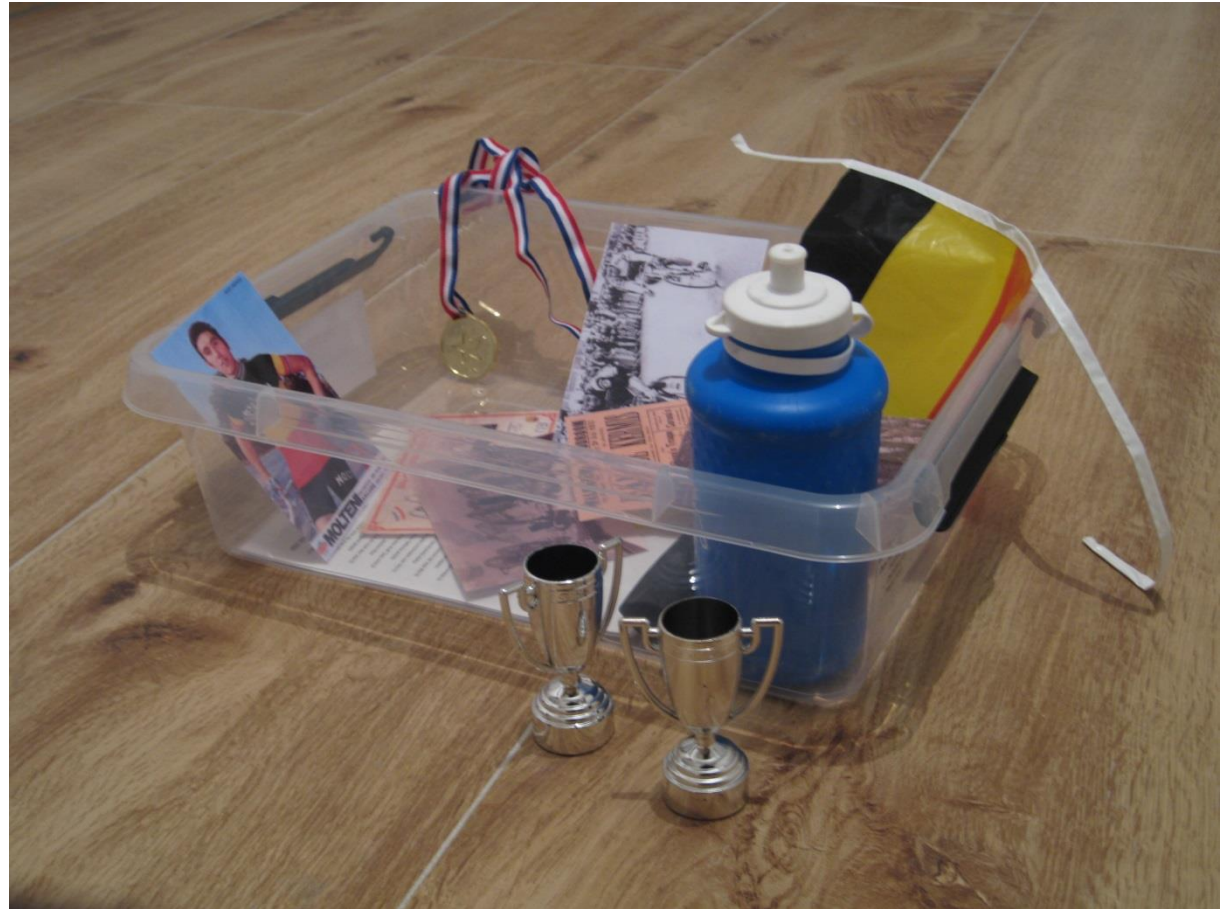
MSST - boxes

- Party



MSST - boxes

- Cycling



MSST - Future

- Need for research
- Use by other professionals
- Use by family members and care givers

