

# DEMENTIA FOR ALL



THE BIG AND  
THE SMALL

## GUIDANCE FOR TEACHERS RELATING TO THE MATERIAL 7TH - 10TH GRADE

The material is primarily aimed at the subjects English and social studies. You can also use it in other subjects, e.g. if you are a biology teacher you can include it in a lesson about the brain's function. The material has been devised with focus on the learning objectives for this school level. The first slides are general information about dementia, aimed at both subjects. The last slides are aimed at English and social studies, respectively.

### In addition the material contains:

- Task sheets for each subject
- Kahoot quiz for this school level
- A collection of 10-minute films with situations that can arise when someone has dementia.
- References to other material for inspiration.

There is a lot of material and many slides. Choose what you think is best for your class and focus if required, on just a few subjects.

You can also choose to share the slides with the pupils in groups. This allows for the pupils themselves to find out more and make a presentation based on the slides that they received. If required, provide them with the link: [demensven.dk/jeg-vil-vide-mere/viden-til-demensvenner/](https://demensven.dk/jeg-vil-vide-mere/viden-til-demensvenner/) and let them use the material that is available.

## PREPARATION

The week before the lesson starts, tell the pupils that they are going to learn about dementia. Ask the class if anyone knows someone who has dementia. It is important to know whether there are any young pupils in the class who have difficult issues. This will allow you to take them into consideration when the lesson begins.

At this age level at school there can be pupils who have a parent who has dementia. There can also be grandparents who are very ill and therefore require the full attention of a child's parents. Situations like that can affect the pupil a lot. Refer to the material on the website. **How to help a pupil who has a loved one who has dementia**

The first slides present information and their aim is to stir a debate about:

- How much we know about dementia
- Why we do not know more
- Myths in relation to dementia (proof and disproof of assumptions)

# WHAT IS DEMENTIA?

**WHAT IS DEMENTIA?**

- Dementia is the term used for a syndrome where a person loses the ability to think, remember and make decisions.
- There are approximately 200 subtypes of dementia.
- Unfortunately dementia is incurable.
- All forms of dementia are fatal and it is the fifth most common cause of death in Denmark.
- Every three hours in Denmark a person dies of dementia.

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Play the video on the first slide.

Ask the pupils if they already knew about the things that the film showed them. Also ask the pupils if there is anything that they are wondering about. Also talk about the other figures on slide 1.

# WHO DEVELOPS DEMENTIA?

**WHO DEVELOPS DEMENTIA?**

- Approximately **89,000** people in Denmark have a type of dementia.
- 45,000** people have Alzheimer's, which is the most common type of dementia.
- Approximately **8,000** people are diagnosed with dementia every year in Denmark.
- By 2040 there are expected to be **120,000-146,000** people over 60 years old who have dementia.
- The risk of developing dementia increases with age and can develop in people as young as **40 YEARS OLD**.
- 400,000** people have a loved one who has dementia.
- MORE WOMEN** than men develop dementia.

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Again, talk with the pupils about the next slide. What do they think about the figures that are shown in the slide? (NB: We do not know why more women than men develop dementia).

# THREE IMPORTANT THINGS TO KNOW ABOUT DEMENTIA

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- Dementia is not a natural part of the ageing process. It is caused by damage to brain cells.
- People who have dementia experience memory loss and lose other brain functions, for example, they can lose their navigational ability and the ability to express themselves.
- It is possible to have dementia and live a good life, especially with help from the Dementia Friends programme.

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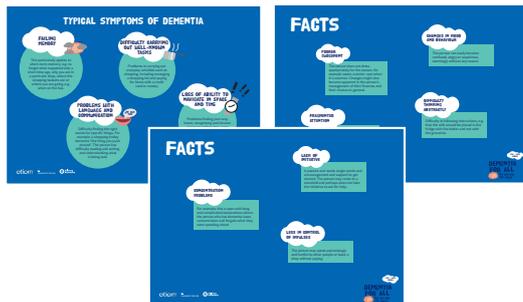
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Before you show slide 3, you can choose to ask the pupils:

- Is dementia part of the natural ageing process?
- Do you know any other symptoms other than memory loss?
- What do you think it is like to live with dementia?

Next, talk through slide 3 with the class.

## Slides 4-6



Go through the slides and talk the pupils about them. For example, ask the pupils if they know or have met someone who has these symptoms and they knew that the symptoms were part of dementia.

## Slide 7

# WHAT DOES IT FEEL LIKE TO HAVE DEMENTIA?



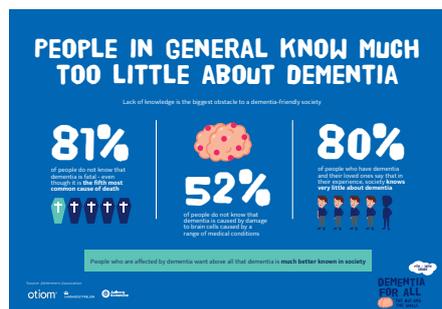
### Questions you can ask the class:

- What do you think a typical person with dementia looks like and how do they act? Are you surprised by Bodil and Preben in the video?
- Why do you think it is that some people withdraw from people who have dementia?
- Why is it difficult to help someone in the street?

It will be beneficial if you use the 10-minute films here. Split the class into groups and give them each a film to talk about. For example, they can answer a question: "What would you have done?" or "What symptoms can you see that the person has in the film clip from slides 4, 5 and 6?"

## Slide 8

# PEOPLE IN GENERAL KNOW MUCH TOO LITTLE ABOUT DEMENTIA

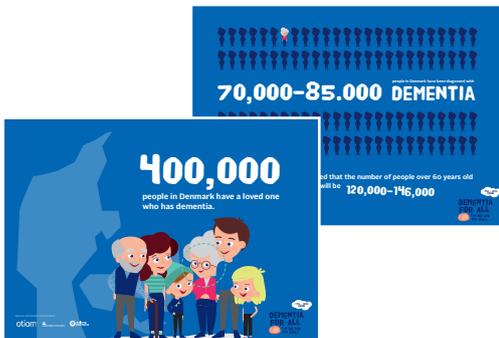


Does the class think these figures are correct? You can get the pupils to put up their hands and see how many agree.

7TH - 10TH GRADE

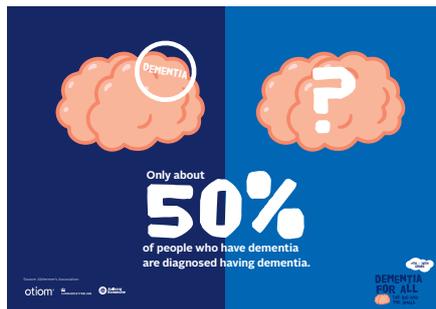
## Slides 9-10

What can it mean for our society?



## Slide 11

# ONLY 50% OF PEOPLE WHO HAVE DEMENTIA ARE DIAGNOSED HAVING DEMENTIA



Why so few? Among other things, it happens because of many myths:

- Dementia is part of growing old
- There is nothing you can do about it anyway
- Having dementia is embarrassing
- It can look like stress

Many people try to hide their problems so no one finds out they have problems.

## Slide 12

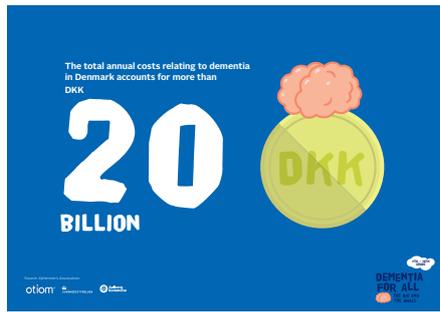
# RELATIVES



What do the pupils think it means if a loved one is e.g. 84 years old and has some infirmities?

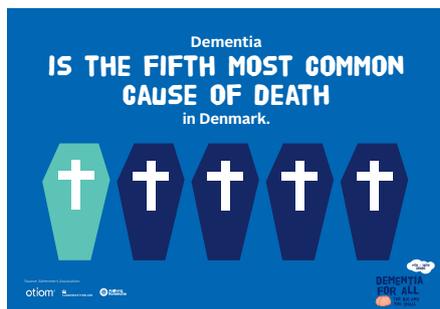
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# TAKE CARE OF YOUR BRAIN



You can get the pupils to use Google to find out what the annual cost of dealing with other illnesses is.

# FIFTH MOST COMMON CAUSE OF DEATHS



Can this be one of the reasons why it is a good idea to get a diagnosis?

Did you know that?

# USE OF LANGUAGE

ENGLISH

**USE OF LANGUAGE**

"Dementia - the fifth biggest killer"

"84,000 Danes already suffer. How YOU can avoid the feared dementia."

"Lykke was told she had deadly dementia when she was just 18"

"Birger is disappearing in front of Jette"

**TASK 1**

How is dementia portrayed in the media?

**TASK 2**

Use of language

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Use task sheet 1 with the two tasks on it.

## STIGMATISATION AND DILEMMAS

**ENGLISH**

### STIGMATISATION

A new study shows that 75% of people who have been diagnosed with dementia have endured negative experiences and reactions from others. For many patients it is a stigmatising theme and still a taboo in several cultures.

**TASK 1**  
What does that tell you about stigmatisation?

**USE OF LANGUAGE**

### DEBATE ABOUT DEMENTIA

**3. My/our goal**

Use task sheets 1 and 2.

# OTHER MATERIAL

## Books

### “Still Alice” by Lisa Genova.

Alice is a professor at Harvard and who is diagnosed with Alzheimer's when she is 50 years old. The book deals with her husband and children's reaction and Alice's own angst and increasing mental disintegration.

### “Elizabeth Is Missing” by Emma Healey.

Maud is an old lady who lives on her own. She is disappearing in the fog of dementia, but she uses memos and daily help from homecare assistants and her family to get through the day relatively well. But something is completely wrong and keeps capturing her attention – where is her friend Elizabeth?

## Poems

### “Tarkovsky's Horses And Other Poems” by Pia Tafdrup.

To read the title poem, visit: <http://www.tafdrup.com/en/books/5-tarkovskys-horses>

## Film

“Still Alice” (see the book)

### “People Get Eaten”

## Song

### “Kære farmor, du som er i Herlev” (Dear grandmother, you who are in Herlev) by Sys Bjerre:

<https://www.youtube.com/watch?v=bUFoGGsLdl8>

## TV

### Episode about dementia from Danish documentary series “Indefra med Anders Agger”:

<https://www.dr.dk/tv/se/indefra-med-anders-agger-3-saeson-2015/indefra-med-anders-agger-2/indefra-med-anders-agger-10-10>

### Sundhedsmagasinet (Danish TV health documentary series):

<https://www.dr.dk/tv/se/sundhedsmagasinet/sundhedsmagasinet-3/sundhedsmagasinet-demens-1>

### “ Viden til demensvenner” (Danish multimedia information portal about dementia), Alzheimer's Association:

<https://demensven.dk/jeg-vil-vide-mere/viden-til-demensvenner/>

## Projects

### Project “Tid til at være ung” (Time to be young):

<https://www.alzheimer.dk/aktiviteter/tid-til-at-vaere-ung-projekt-for-boern-og-unge/projekt-tid-til-at-vaere-ung/>

## Kahoot Quiz

Quiz link:

<https://create.kahoot.it/share/demens-imens-7-10/1026f8ef-493d-4179-953e-4977e0771925>

### How to do Kahoot quizzes about dementia in the class

To start, open the quiz by clicking on the link on your own computer. When the webpage is open, click the button “Play as guest” or just “Play” if you have played Kahoot before and have logged in. Select “Classic” or “Team mode”, depending on whether the pupils shall give individual answers or answer as a team.

2 A six-digit code will appear on the screen/projector screen (GAME PIN), which the pupils shall use to join in and take part in the quiz. The pupils shall use their iPads, computers or smartphones to go to [www.kahoot.it](http://www.kahoot.it) and log in by entering the six-digit code in the field “GAME PIN”. The pupils then enter their names and click on “OK, go”.

3 On your own device display screen, you can see how many of the pupils have clicked on “OK, go” and are thus ready to do the quiz. Once all of the pupils are ready, you start the quiz by clicking “Start” on the right side of the screen.

4 Now the question will be displayed on your screen/the class projector screen together with the possible answers, which are marked red, blue, yellow and green. The pupils can only see on their own screens the four colours which represent each of the possible answers on your screen/projector screen and which they can click on. Once all of the pupils have answered or if the time to answer has expired, the correct answer is shown. You can then click on “Next” to proceed to the points board and “Next” again to proceed to the next question.

5 You continue like this until all of the questions have been answered and at the end you can congratulate the winner. The pupils get a point for every correct answer and a bonus point for answering correctly in a row. Enjoy!

7<sup>TH</sup> - 10<sup>TH</sup>  
GRADE