



Focus Group for Being in the Moment

In the Moment met with a group of 11 family caregivers of persons living with Alzheimer's disease whose loved ones all attend the same Adult Day Services.

I recorded the conversation and took notes. I used initials for recorded their responses with the above initials for them.

I did not explain much at all just asked if they could meet with me and give me their thoughts.

We watched this video first.

The link is below

The conversation that followed is on the next page.

Here is who was there:

Partner: AEFG

Daughter: BCDH

Daughter in Law: J

Son: K

Granddaughter I

Link for video:

https://youtu.be/wzJfsP_lyB8

ME: What do you think?

A: I liked it.

B: I have done that in so many ways. I find myself consistently correcting I Mom.

C: I wanted it to be longer...maybe explaining more. Maybe another scene or explaining more. But I liked it. Me too.

D: I thought it was just right. I mean you are having other videos about other things, right?

ME: Right.

D: So, you can have this length for other videos about tons of topics, right?

ME: Right!

H: I would like to see more things like this. More of these type of videos.

ME: I want to make more. So any other thoughts?

E: I correct all the time. I say don't a lot. I see him get frustrated at me. I don't know how to stop it sometimes. I get so frustrated.

B: Was that someone with Alzheimer's disease in the video?

ME: They were both actors.

(oh's heard from group and cross talk)

I: She was good. I mean they both were but she reminded me of...

B: I love your Grandma. She is so sweet.

I: Most of the time.

(a little laughter in the group)

D: I feel like this is a big one for me. I have a hard time of letting go. Letting her do things her way and not my way.

G: How do you just let things go?

(everyone looked at ME)

ME: Let's talk about some of this afterwards, ok?

ME: Did the clip show you anything new?

A: I think when he said at the end, " My behavior needed to change. " I haven't thought about that before. I have been trying to change him all this time. Make him do what I want and think is the way to do things. This makes more sense.

K: I think to actually SEE where the frustration comes from helps.

F: Yea, I feel like I never know where it comes from and to actually see out helps. I get that...I see.

(lots of nods and agreement.)

C: I know I say the wrong thing or get frustrated at her when I shouldn't. I just want her to be more

D: Normal.

C: I don't know if normal, but who she was.

K: I feel like I am the one who is not normal. What is normal anymore?

ME: Would you use a website that had videos like the one it?

I: I would. And I would send it to my while family.

A: Me too. I know I would.

C: I think this would be a great help because then I could get the whole family on the same page and even include friends and neighbors that help us...maybe even share it with our church.

(Lots of yes's and I would)

ME: OK Is there a better way to get this information across in your opinion?

(Lots of No's and Can't think of any)

ME: What other topics would you like to see covered?

Sun downing? Wandering?

What to do about not wanting to shower?

Repetition of saying the same thing over and over

Why would she rip the buttons off clothes?

All he wants to do is sit - what can I do?

Do I tell people about his diagnosis?

Where are the stages? How accurate are they? Have you heard of gems?

Here is my big one - What is wrong with my sisters and brothers? No help from them at all? Most of them think Mom is fine, even when I have sent them a note from the Dr. And videos of her doing weird stuff.

When do they get to the combative stage?

Do all people with ALZ become incontinent?

He doesn't want to go anywhere.

What's the difference between DEM and ALZ

Why is he getting so frustrated at me?

How do I stop him from feeding our dogs so much?