

## Dementia

### Passcodes

Dementia is a progressive neurocognitive disorder currently affecting 1.1 million Canadians (17) and their caregivers. Individuals with dementia suffer from decreasing brain function involving the areas of memory, mood, planning, judgement, language and attention (18). Dementia can be either primary (permanent) or secondary (reversible). Alzheimer's disease is the most common primary dementia affecting older adults globally (19). Different parts of the brain are affected by Alzheimer's, resulting in memory loss and experiences of auditory or visual hallucinations (1). Welcome to passcodes! You will take on the role of 77 year old Mrs. Smith, who is a former teacher experiencing early dementia symptoms. This game will give you insight into the challenges of memory loss and the frustration of forgetting simple tasks like passwords. This simulation aims to build empathy and understanding for those living with dementia.

### Materials

- A computer
- Headphones

### Procedure

1. Complete Introduction video if you have already done so.
2. Put in/on headphones.
3. Adjust the volume to a minimum of 50 percent to fully experience the hallucination track.
4. Begin playing the video and don't stop it until you're ready to reflect on your experience.
5. When the hallucination track begins playing, you will have one minute to memorize the passcodes.
6. After one minute, the track will stop. Passwords will be shown on the screen. Continue to follow instructions on the video and locate the embedded activity on Google Forms.
7. Begin the activity when the hallucination track has ended.
8. Now, complete the Google Form without accessing the simulation video.
9. Take a couple of minutes to reflect on your experience using the questions below.

### Simulation

<https://docs.google.com/forms/d/e/1FAIpQLSf9ev1Y3bWuQzvFuxdUTEokHhAUdfSLmEcNSZMnKIR22UoXnA/viewform?usp=dialog>

### Reflection Questions

1. This was an activity showcasing only one of the struggles that an individual with Alzheimer's disease faces. How would significant memory loss impact your daily life?
2. How did the auditory hallucination track impact your ability to complete the task? How would the experience of persistent auditory hallucinations affect your daily life?
3. How do you feel about caring for individuals living with dementia after participation in this simulation? What impact did this simulation bring into your life course?