

Scenario: A Walk Through Dementia - 'On the Road'

People with dementia may experience difficulties with perception, and increasing difficulties with orientation in time and place. Navigating through their own familiar neighborhood or going to the local grocery store may result in getting lost. Besides these orientational problems, people with dementia may also struggle to recognize faces. For example, they may misidentify a stranger on the street as someone they know.

Furthermore, a person with dementia may experience illusions and perceive physical objects as something else.



Aims

The aim of this training scenario is to simulate perception and orientation problems using A Walk Through Dementia app developed by **Alzheimer's Research UK**.



Learning Objectives

- Awareness of the difficulties and impact on daily functioning that people with dementia may experience in terms of orientational problems and problems due to (mis)perception
- Awareness of possible consequences that may be experienced due to these problems (e.g. anxiety).



When to use this scenario

This scenario may be applied both in a face-to-face session and online. Problems with orientation and perception can be prevalent throughout the stages of dementia. This scenario shows the perspective of a person with mild to moderate dementia who is living at home.

Equipment



- Mobile phone or tablet
- Mobile application 'A Walk Through Dementia' installed. This app is available as a free download from the Google Play store/iOS App Store: <https://www.awalkthroughdementia.org/>
- Cardboard headset or other headset where the phone can be inserted (However this is not obliged; the scenario can be run using the phone only)
- Headphones (for more immersive experience)

Downloadable supporting materials



- Slide deck
- Evaluation form
- VR video description handout in [insert language]

Facilitation Instructions

Setting up:

- If possible, a room without background noise/ distractions would be preferred (or using noise-canceling headphones). This increases the experience and also allows for a more thorough reflection.

Briefing:



- In this scenario, you will be guided through a 360° video. You don't have to move as the video runs by itself, but you can rotate your head/phone to look around. This video can be viewed while standing or sitting down.
- I would now like to ask you to put on the headphones and cardboard with the phone inserted.
- Afterward, I want you to take some time to reflect on what you have experienced. I'll be here in the room if you have any questions or experience any difficulties.
- This 360° video "On the road" shows a situation in which a woman living with dementia is walking through the streets with her son after doing groceries. She becomes distracted by other things and suddenly starts experiencing illusions and becomes disorientated.



15 minutes

Activity Instructions

1. In this scenario, several symptoms and difficulties are highlighted. This includes difficulties with orientation (e.g., getting lost) and perception (e.g., recognising faces, misperception of the environment). This may lead to negative feelings, such as those shown in this video. Participation is completely voluntary.
2. When the 'A Walk Through Dementia' mobile application is downloaded on your mobile, open the application.
3. Please note: the application is only available in English. A handout with a description of the video in various languages is provided in the downloadable materials section above.
4. Click on "360° tour" and select "With cardboard" or "Phone only."
5. Move the phone around if you see an orange screen (by moving the phone left or right a text will appear. Click on "Next" [Do this before participants are wearing the cardboard headset]).
6. Then, select the scenario "On the road." The 360° video starts immediately. You are now able to rotate your head or move your phone, which enables you to look around while the video is playing.
7. The video stops automatically when it has ended.
8. Allow time for reflection.



Group Reflection / Discussion

The facilitator may ask questions such as:



- How was your experience of this video?
- What do you think the person with dementia was finding difficult?
- Are there any particular thoughts that you want to share?
- Do you recognize this situation?
- What could help the person with dementia in this case?
- Are there any tips/advice you want to share?
- What do you think are the pros and cons of a training scenario like this?

Helpful Tips



- We recommend downloading the Walk through Dementia app prior to the training and when connected to Wi-Fi, as the size of the application is 500+ MB
- Make sure the mobile phone is charged.
- An online 360° video is also available on youtube which can be used during online training: https://www.youtube.com/watch?v=R-Rcbj_qR4g

Additional Resources



- The following website offers some more information on this topic (See 'Misperception and misidentification'):
<https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/how-dementia-changes-perception#1>