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SAIDO Learning®: Treating Dementia & Setting Goals for Improvement

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Bea's Letter (video)

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Eliza Jennings

- Cleveland, Ohio
- Not-for-profit
- Est. 1888
- 600 employees
- Person-centered care leader
- 25 years specialized dementia care
- Full continuum of care
What is SAIDO Learning?

- Learning Therapy=SAIDO
- Est. 2001
- Non-pharmacological
- 18,000 participants in 1600 nursing facilities
- Proven to improve the symptoms of Alzheimer’s and dementia (2005)

Development of SAIDO Learning

SAIDO Learning

Neuroscientific Foundation

The prefrontal cortex plays extremely important roles in keeping our daily life healthy and happy.

Functions of the Prefrontal Cortex

1. Verbal and non-verbal communication
2. Logical thinking
3. Working memory
4. Control, especially inhibition for behavior
5. Control for emotion
6. Intention
7. Attention
8. Initiation
9. Learning

SAIDO Learning
Working Memory
1. Working memory is a system for temporarily storing and managing the information required to carry out complex cognitive tasks such as:
   • learning, reasoning, and comprehension.
2. Working memory is involved in the selection, initiation, and termination of information-processing functions such as:
   • encoding, storing, and retrieving data.

Effect of Working Memory Training
1. Learning effects
   - Improve WM function
2. Transfer effect
   - Improve non-trained cognitive functions

Effective Tasks for Activating the Prefrontal Cortex
The tasks must:
1. activate bilateral PFC
2. be simple and easy

- Reading aloud
- Hand writing
- Simple arithmetic

Materials design basis for Brain Training
SAIDO Learning Levels

- "Just Right" Level
- 18 levels of worksheets
- 1060 pages of individualized Learner-centered content

Staff: The Heart of SAIDO

- Everyone is involved in SAIDO's success
  - Multi-disciplinary
  - Work together as a team
  - Focus is on the Learner
  - Anticipate and recognize improvements
  - Share positive changes throughout the community
  - Everyday support effects change

The Road Map to the Paradigm Shift

- SAIDO Learning is not a separate program
  - It is the care that we provide to those we serve
SAIDO Learning Fundamentals

- Lead Supporters and Supporters
- Learners
- 30-minute sessions
- Scientifically developed, multi-level worksheets
- Praise & encouragement
- 5 times a week

Critical Role of Supporters

- Guide Learners' progression
- Observe for success
- Offer praise and encouragement
- Record observations and progress
- Monthly Meetings
- Video Recording

Development of U.S. Training Materials
First U.S. Trial of SAIDO Learning

Our Partners in SAIDO Learning

- Dr. Ryuta Kawashima
  - Internationally known neuroscientist
  - Recognized for brain imaging research
- Kumon Institute of Education Center
  - Osaka, Japan
  - Materials and Method Development

Primary Outcomes – MMSE*

- Intervention Group: Eliza Jennings Home
  - 15% No Change
  - 80% Improvement
  - 5% Progression

- Control Group: The Renaissance
  - 25% No Change
  - 75% Progression

*MMSE-Mini Mental State Examination
Post-trial test scores improved on one or both tests for every member of the Intervention group but one.

This is inconsistent with the decline of dementia.
Evelyn's Story (video)

Positive Outcomes Related to Improved Prefrontal Cortex Function

- Decreased wandering in halls and others' rooms
- Ability to locate their own rooms
- Regaining ability to use the bathroom and self-toilet
- Ability to remain seated and eat meals

Positive Outcomes Related to Improved Prefrontal Cortex Function

- Increasingly independent with grooming, bathing, dressing
- Spending less time isolated in room
- Attending more activities
- Resuming hobbies such as knitting
- Expressing preferences
Positive Outcomes Related to Improved Prefrontal Cortex Function

- Participating in household chores such as setting the table
- Resuming pastimes such as gardening
- Spending more time interacting with family
- Initiating conversation
- Smiling more!

Reducing Health Care Costs

- Person-centered, non-pharmacological intervention
- Proven to improve symptoms of dementia
- Proven in Japan to reduce recipients' need for care

SAIDO Learning

An example of change of ADL & assisted living time after Learning Therapy

<table>
<thead>
<tr>
<th>Unit</th>
<th>Start</th>
<th>One year</th>
<th>Three years</th>
</tr>
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<tbody>
<tr>
<td>Eating</td>
<td>25</td>
<td>15</td>
<td>33</td>
</tr>
<tr>
<td>Personal care</td>
<td>75</td>
<td>65</td>
<td>55</td>
</tr>
<tr>
<td>Grooming</td>
<td>30</td>
<td>20</td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
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<td>50</td>
<td>49</td>
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SAIDO Learning
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- The Harold C. Schott Foundation
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- Kent H. Smith Charitable Trust
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Resources

- Kawashima, Ryuta, MD et al. "SAIDO Learning as a Cognitive Intervention for Dementia Care: A Preliminary Study." Journal of Medical Directors Association (JAMDA), January 2015.


- Kawashima, Ryuta, MD. "Reading Aloud and Arithmetic Calculation Improve Frontal Function of People with Dementia." Journal of Gerontology, 2005

Essence of SAIDO Learning

Until now, we have focused on decline, caring for older adults with dementia and managing their symptoms.

Now, SAIDO Learning grants us the opportunity to provide hope and improved quality of life for those living with dementia.