

THYMe

Think Health for Your Memory

Facilitator Manual

Week Four

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NHS Trust



Week 4 Session Plan

Time	Agenda	Flip Chart	Page
5mins	Recap	Recap (handwritten)	3
20mins	Goal Follow Up	Questions to help you set a goal (hand written flips from last week) Our goal needs to be	3
45mins	Diet Quiz What is a balanced diet? Foods to eat less of Foods that can help Easy ways to put into practice	Risk factor quiz A healthy, balanced diet and regular exercise Eatwell Guide Eat the Rainbow What is a balance diet %'s Foods to eat less of (handwritten) Foods that can help (handwritten) Easy way to put into practice (handwritten)	4
15mins	Break		
20mins	Memory Problem Solving This Weeks Problem	Problem solving Cycle Memory Problems – Explore (handwritten) Memory Problems – Solutions (handwritten) Try it Out (handwritten)	9
40mins	Goal Setting Introduction Group Goal Setting Group Feedback	Our Goals Need to be Questions to help you set a goal (x2) Blank questions flip for facilitator goal (x2)	10
	Next Week	Write on a white board and explain	11

Week 4 Session Detail

Recap (five minutes)

Stress management and sleep: stress increases cortisol levels in the brain which is linked to Dementia. Sleep and exercise can help remove the toxins and improve blood flow to the brain

'This week we are going to look at our diet and how that impacts on our memory.'

Recap

- The six pillars
- Reduce daily stress
- Don't wait until you are stressed
- Plan in regular relaxation, exercise and enjoyable activities
- Don't sit for long periods

Goal follow up (twenty minutes)

Recap the 'Questions to Help Set a Goal' and 'Our Goal Needs to be' flips

Each facilitator models feedback using the 'Questions to help you set a goal' to recap what their goal last week was.

Questions to Help you Set a Goal

- What?
- How Much/How Often?

Questions to Help you Set a Goal

- What?
- How Much/How Often?

Last week's Handwritten Flips with Facilitators' Goals

- How Confident?

- How Confident?

Go round the room and give everyone the opportunity to feedback – 2 minutes each. Use the goal record sheet from last week as a prompt.

'What was your goal last week?'

'Tell us how you did with your goal'

Get them to identify the benefits of what they did and ask which of the Six Pillars of a Healthy Lifestyle it relates to and how this links to preventing memory problems both in the immediate term and in the future. Also relate goals not immediately relevant to Six Pillars to having to make space in our lives before we can make changes. If we have other priorities we may need to get them out of the way first. This will often relate to stress management well.

Facilitator who is not asking questions will be completing the goal record sheet and will prompt when respondent does not.

Diet

Diet and food can be a difficult session to run as there are often media reports of super foods and fad diets that will cure all ills! People will often latch onto these reports. We have found that acknowledging that many foods have a part to play within a healthy balanced diet but that there is no such thing as a super food. If this comes up, remind people that they cannot survive on this food alone e.g. blueberries/walnuts or whatever the latest fad is.

Put up the quiz and ask

‘Which of these risks can an unhealthy diet contribute to?’

Talk about how a healthy balanced diet and exercise can reduce blood pressure, cholesterol and your risk of being obese, lower fat in your diet and lower alcohol consumption, and how these are all risk factors for developing a dementia.

‘So from this we can see how important our diet is to our brain health, as it relates to many of the risk factors for developing a dementia.’

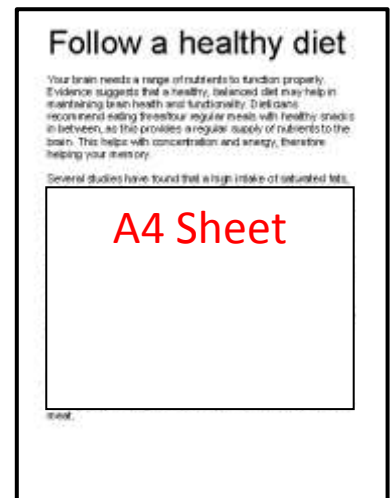
Are These Risk Factors for Developing a Dementia?	Yes	No	Don't Know
Being physically inactive			
Smoking			
High Blood Pressure			
High Cholesterol			
Obesity			
Too much fat in your diet			
Stress in your life			
Lack of an active social life			
Lack of mental stimulation			
Drinking too much alcohol			

Discuss how more oxygenated blood getting to the brain as a result of exercise and a healthy diet, means that the brain cells function better and are less likely to die.

- Recap: Increase more oxygenated blood by not sitting still for long periods
- Also mention that it not only lowers your risk of getting a dementia, it also improves the brain function on a day to day basis.



Give out this A4 handout and give five minutes to read. Ask participants to remain quiet until everyone has finished reading because this helps concentration and helps us to remember what we have read. Note it has Eatwell Guide on the reverse.



'We invite you to read the text as well as us listening and talking about it because the more senses we use the greater the chances of remembering. Once you have finished reading please put down the leaflet so we know everyone has finished'

Recap what has just been read

Dietician Advice: Flip chart below

Discuss the advice given by the Trust dietician as below; this is based on the most current evidence from the British Dietetic Association:

Prompt with questions about the following to explore understanding of why. e.g.

- Routine/structure: Eat breakfast and three or four regular meals, keeps up energy and concentration, which will help day to day memory
- Eat a rainbow of fruit and veg.- provides a variety of nutrients, vitamins Etc.
- Drink 1.5litres of fluid a day – keeps hydrated, brain 75% fluid, avoids UTI's
- Reduce salt, there is plenty in food without adding any– lowers blood pressure- reduces risk of stroke
- Healthy balance – eat well plate
- Nothing to excess

Dietician Advice

- Routine/structure:
- Eat a rainbow of fruit and veg.
- Drink 1.5litres of fluid a day
- Reduce salt
- Eat well Guide



Handwritten Flip

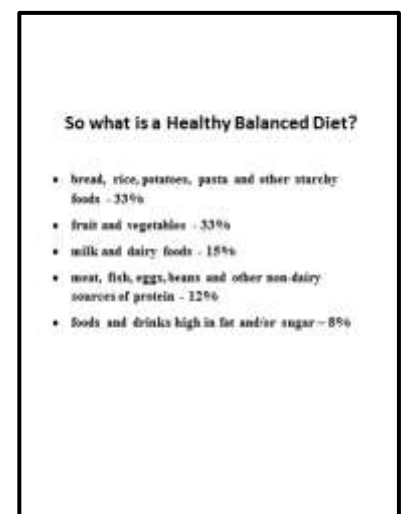


Ask the general question, what foods do we need to eat less of and why? Then if correct answers are provided as to the foods ask for the reason. If knowledge is not robust then add in as required from prompts below. E.g. If they list types of foods...sausages/bacon, ask what is in the food that makes them unhealthy. If more generic ingredients are given e.g saturated fat ask what foods can this be found in?

So what is a healthy balanced diet?

Hold up the Eatwell Guide flip/poster or if room/group size facilitates have it laid down on a table. Have rainbow of fruit/veg flip on wall.

Talk about the Eatwell Guide and have a discussion in the group about the % proportions that makeup the plate and what can be eaten in each section. This is a nice visual way to think about what you are eating and what constitutes a balanced healthy diet. It is good to include foods from all areas, we need some fat, no foods are banned



Foods to eat Less of....Why?

Prompts:

Why?

- Saturated and trans fats lead to higher levels of cholesterol which clogs the arteries so less blood reaches the brain...less oxygen and less nutrients gets to the brain.
- High blood pressure is the biggest risk factor for having a stroke
- Too much salt raises blood pressure
- Sugar.... weight gain



Saturated fats: Butter, Hard cheese, Whole milk, Fatty meat, Meat products, Biscuits, Cakes, Cream, Lard, dripping and suet, Coconut and palm oil, Pastry

Trans fats:

Pastries, Cakes, Biscuits, Crackers, Fried foods, Take-aways, Hard margarines

Salt: Processed meals, Adding salt to meal, Bacon, ham and smoked meats, Cheese, Pickles, Salami, Salted and dry roasted nuts, Gravy granules, stock cubes and yeast, Some breads and cereals

Sugar: Some cereals, Chutneys and sauces, Fizzy drinks and fruit juice, Sweets and chocolate, Biscuits, Cakes, Pastries, Puddings, Some yogurts

Foods that can help.....Why?

General discussion: Ask general question, what foods can help and why? Then if correct answers are provided as to the foods ask for the reason. If knowledge is not robust then add in as required from prompts below. E.g. If they list types of foods...fruit/veg, ask what is in the food that makes them healthy. If more generic ingredients are given e.g. wholegrain ask what foods can this be found in?

Prompts:

Why?

- Eating five portions of fruit and veg lowers your risk of a stroke by 30%eat a rainbow
- High fibre/wholegrain lowers Cholesterol and helps fill you up.
- Some Fruit and veg is high in potassium which helps control blood pressure.
- Some vitamins can help in red blood cell formation that carry oxygen around the body and to the brain.



Fruit and Vegetables: High in fibre, antioxidants and vitamins – eat a rainbow
If you eat more of the good foods you are less likely to snack on unhealthy foods

‘As you can see this is a third of your daily diet in the eat well plate. They recommend 5 portions (a glass of fruit juice only counts as one). You can increase your fruit and vegetable intake by adding to stews, soups, put on cereals, tinned and frozen count, swap a chocolate bar’

Carbohydrates: Bulk of our energy comes from carbohydrates

‘What carbs are you already eating? How can you increase your whole grain? Wholegrain is better because it contains more fibre, lower cholesterol, more vitamins and minerals’

Examples to increase – oats, whole grain breads, pasta, rice, bulgar wheat, cereals

Milk and dairy: Lower fat alternatives, semi skimmed, skimmed, low fat and sugar sugar – alpro soya plain, cottage cheese, mozzarella and feta are lower in saturated fat
Important for calcium for bones.

Meat, fish, eggs and beans

'The present government recommendation is that we eat two portions of oily fish a week. – high in omega three, oily fish (mackerel, sardines, tuna, salmon)...can help reduce blood pressure but grill it rather than frying.'

'Use leaner cuts of meats which have less saturated fats'

Easy Ways to put this into practice

'To get some ideas for us all, what one small change could we make to our diet and fluid intake this week?'

Prompts:

What are we all currently eating that we may think about changing? Facilitator own up to something!

- What snacks are we currently eating?
- Who takes sugar in tea?
- Anyone add salt to their chips?
- Who likes a bar of chocolate at night?

Suggested ways to put into practice if group is struggling

- Do a food diary to identify what unhealthy foods you are eating.
- **Swaps**...mars bar for an apple, carrot for crisps, swap to low sugar yogurts
- Drink more fluid...replace a cup or two of coffee/tea with water/juice. Pour a jug of water at start of day and drink from that to help remind you how much you have drunk.
- **Reduce** how much/many times you eat an unhealthy food e.g. only add salt to chips that week, no other meals. Only having a pack of crisps every other day.
- Fruits instead of sweets or puddings with fat and sugar in them.
- Nuts and seeds instead of crisps and biscuits.
- Half and Half white rice/wholemeal...increases fibre....lowers cholesterol and feel full for longer so snack less.
- Put less sugar in your tea/coffee.
- Making homemade soups/stews with veg and beans

Summary: What are the key things we need to remember in relation to our diet?

Talk about the health trainers, inform about relevant leaflets on resource table. Heart Foundation leaflets are very good.

Snacks: Over coffee break, ask if anyone brought any....have an informal chat.

Easy Ways to put this into practice

Handwritten Flip

What are the key things we need to remember in relation to our diet?

- Routine/structure
- A rainbow of fruit and veg
- Fluids 1.5litres a day
- Reduce salt
- Healthy balanced – eat well plate/Mediterranean diet
- Nothing to excess

Handwritten Flip

What snacks do we eat?
What other options are there?
What is healthy, what is less healthy? What makes it unhealthy – i.e salt and sugar

BREAK (fifteen minutes)

This Weeks Problem Solving

This week's memory Problem is.....

Put up blank flips side by side:



If people come up with solutions while you are discussion the explore section, write their solutions on the 'Solutions' flip and say you'll come back to them later.

Use prompt sheets in memory section at the end of this manual for the particular identified memory problem. There is one for facilitators to use with prompts for the 'Explore and Solutions' sections and one to be given out after the discussion which has just the solutions. If any others come up participants can write them onto this sheet.

Group Activity: Solving memory problems

Explore - start with open questions from the prompt list. Then if you get little response use closed questions and come back to open questions from their answers.

Exploring the problem helps to facilitate discussion and helps people to open up about the impact of their memory problems. This helps people in the group to realise they are not alone. It also shows the complexity of the problems.

Solutions: *'What are you already doing to overcome the problems? What has helped?'*

When participants come up with solutions explore further

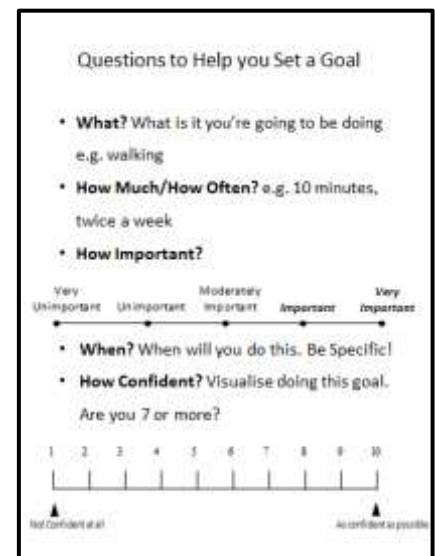
'How does it help? It is more helpful to come from the participants as it has more of an impact from peers'

Have a prepared list of solutions and hand out. Give the group a few minutes (if time allows) to decide which one they will try and to write this one down. Ask participants to try one or several...remind about protective factors of habits, routines etc...

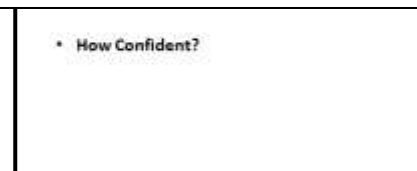
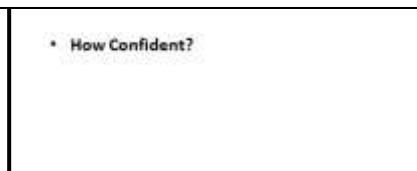


Goal Setting (forty minutes)

Each of the facilitators models what their goal for the week is going to be. The facilitators ask each other the questions on the “Questions to help you set a goal” flip and write down on a handwritten flip the responses. If you are short on time and the group is already good at setting goals you may decide to only have one facilitator set a goal. If the group are still setting goals that are not realistic then you may need to explain how to set a goal using your goal/s as an example.

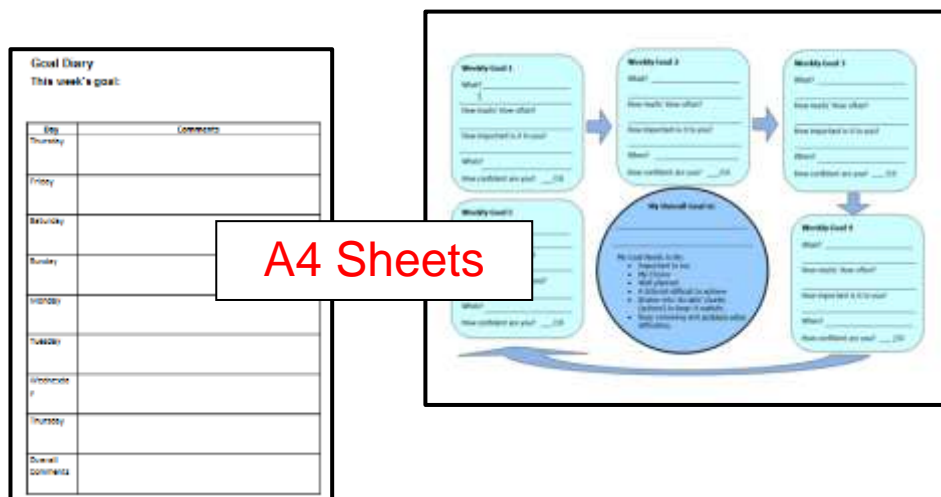


Handwritten Flips for Facilitator Goals



Group Goal Setting

Introduce the Goal setting and the Goal Diary sheets in resource folder, allow five minutes for people to think about a goal and write it down using the Goal Setting Sheet. You are likely to have to go around the room and answer questions, especially if people come on their own.



Feedback to the group

Feedback to the group - ask if anyone minds feeding back first and then go around the room in one direction. When people are feeding back, try to get them to answer all the questions...What, How Much, How important, When and How confident..... this will ensure people have thought about these things. How much you push for these answers is a subjective decision as every group and participant will be different.

The other facilitator records the goals to aid feedback of goals done in next session.

Write onto white board:

Next week: Exercise, lifestyles team, next week's memory problem, bring folder.

Note: This goes onto the resource table this week....mention it at coffee break.

Look after your heart

Many people are unaware of the connection between heart health and brain health which is why we like to say, 'what's good for your heart is good for your brain'. The risk of developing dementia appears to increase as a result of conditions that affect the heart or blood vessels.

They include: High Blood Pressure, High Cholesterol, Type 2 Diabetes and Obesity.

Research indicates that having diabetes, high cholesterol or high blood pressure, and not treating them effectively, can damage the blood vessels in the brain, affecting brain function and thinking skills. Obesity is associated with increased risk for dementia, as is other conditions such as high blood pressure, diabetes and vascular disease.

Treatment of high blood pressure, high cholesterol, diabetes and obesity is necessary for good heart health and is likely also to protect brain health. They are all conditions that are easily identified and treatable.

It's important to have regular health checks and follow the advice of your health professional.

Smoking increases the risk of heart disease, stroke, cancer and other diseases. Studies have shown that current smokers have a greater chance of developing dementia than people who don't smoke. There is no safe level of smoking.

Follow a healthy diet

Your brain needs a range of nutrients to function properly. Evidence suggests that a healthy, balanced diet may help in maintaining brain health and functionality. Dieticians recommend:

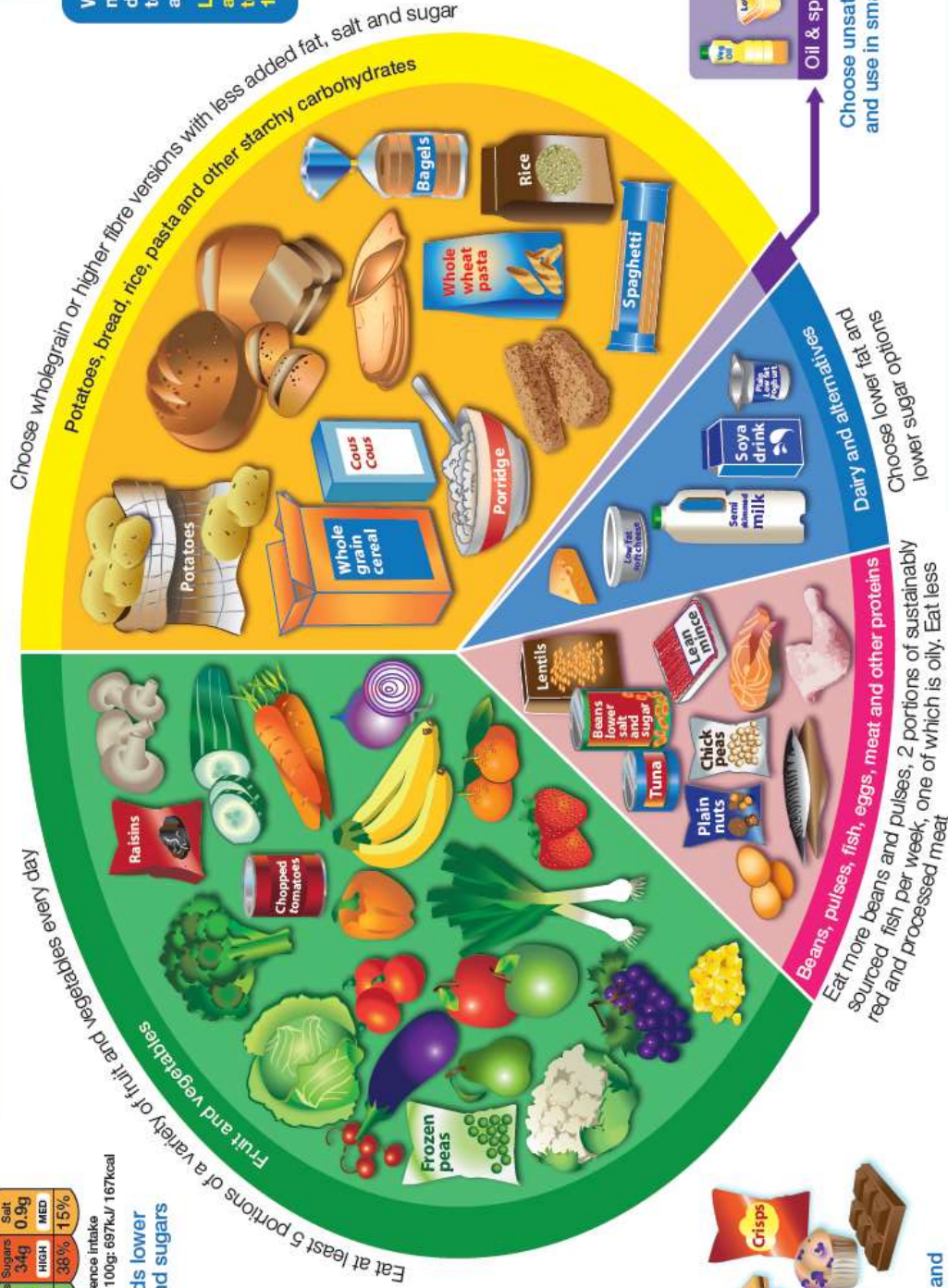
- Routine/structure: Eat breakfast and three or four regular meals, keeps up energy and concentration, which will help day to day memory
- Eat a rainbow of fruit and veg.
- Drink 1.5litres of fluid a day
- Reduce salt, there is plenty in food without adding any
- Eatwell Guidesee over.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Check the label on packaged foods

Energy	1646kJ / 255kcal	13%	Fat	3.0g	LOW	Saturates	1.3g	LOW	Sugars	3.4g	HIGH	Salt	0.9g	MED

Each serving (150g) contains of an adult's reference intake Typical values (as sold) per 100g: 697kJ / 167Kcal

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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