

# Understanding Pain & Dementia: An Online Workshop and Toolkit

## Why did we develop an online workshop?

Undiagnosed and under-treated pain in the elderly is such a significant problem that the *International Society for the Study of Pain* declared 2006 the **International Year of Pain in Older Persons**.

We know that pain is one of the most frequent reasons older persons living in the community talk to a healthcare provider. We also know that over 80% of people living in residential care experience enduring pain ([www.iasp-pain.org](http://www.iasp-pain.org)). For older persons with Alzheimer's disease and other dementias, the problem is even greater because they cannot self-report or reliably ask for medical attention. Untreated pain causes serious problems for people with dementia. They cannot take care of themselves as well, they are more likely to fall, they have poorer quality of life and they may have increased inappropriate and aggressive behaviors- all because of undetected and untreated pain. It takes a longer period of time to notice changes in behavior and understand that a person with dementia is in pain. Because of this healthcare providers often do not detect the pain. Family members are often the best people to make meaningful observations about pain. However, they need to learn how to do this. The online ***Understanding Pain & Dementia Workshop*** can help families learn about pain in someone with dementia.

## Website description

The educational website contains:

- A narrated presentation about pain and dementia
- A downloadable resource pack for family members
- A downloadable pain-log and the PAINAD assessment tool
- A facilitator's toolkit of background material, a planning guide, promotional material, and supplemental information for organizations who wish to put on a workshop using the materials.



## Who are we?

The website contents were developed by Cary A. Brown, PhD, University of Alberta and Agnes Mitchell, MN, Grant MacEwan College, Faculty of Health & Community Studies, School of Nursing

## For more information contact:

Cary Brown, PhD  
Dept of Occupational Therapy, Faculty of Rehabilitation Medicine  
University of Alberta  
Edmonton, Alberta, Canada  
[cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca)

Log-on to the Understanding Pain  
& Dementia website at

[www.painanddementia.ualberta.ca](http://www.painanddementia.ualberta.ca)

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THE CANADIAN DEMENTIA KNOWLEDGE TRANSLATION NETWORK

