



Purposefully Home, LLC

Caregiver Tips for Managing Dementia

Strategies for Living with Purpose!



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Strike up Conversation

Use a person's biography to help promote holistic care and build a relationship with the care provider. Although a person can appear to have no problems, they may be masking their dementia. Providing opportunities for the person with dementia to share and talk about familiar topics and performing simple tasks will help ease their defense mechanism and make engaging more meaningful.

What did you do for a living?

What is your proudest achievement?

What is your favorite place you've traveled?

What is your favorite quote/phrase?

What is your favorite food/snack?

What is your favorite time of day?

Do you prefer mountains/ beach/ or a place in the woods?

Where are you from?

What's your favorite memory?



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Stress Management

Attitude is everything and people with dementia are very sensitive to energy and emotions. While words may not be spoken, body language, attitude and approach may cause increased tension. Keep a positive and open approach to every interaction. Knowing stress triggers and relaxation techniques can help reduce everyday stress, boost energy and mood, and improve mental and physical health.

Help to identify and minimize stressors by tracking common themes and behaviors.

What are stress triggers: (time of day, words, body language?)

What strategies de-escalate and promote relaxation?

What do you find calming? (get suggestions directly from the person if possible)



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Around the House

- KEEP FREQUENTLY USED ITEMS WITHIN REACH AND IN A CONSISTENT PLACE.
- REMOVE EXCESS CLUTTER.
- USE AN ORGANIZING SYSTEM SUCH AS LABELS, COLOR CODING, AND FOLDERS.
- CONTRASTING COLORS TO AVOID TRIPS/FALLS
- MINIMIZE ELECTRONICS AT LEAST 2 HOURS BEFORE BED
- SET A SCHEDULE AND KEEP THE ROUTINE
- USE NATURAL BRIGHT LIGHTS AND LAYER LIGHTING WITH LAMPS AND FIXTURES. TO MINIMIZE SHADOWS AND GLARE
- USE SOOTHING COLOR SCHEMES, ESPECIALLY IN THE BEDROOM (BLUE, GRAY, OR GREEN)
- CONSIDER CREATING A SPACE FOR STRESS RELIEF.
- SET BOUNDARIES TO MAINTAIN STRUCTURE. CREATE A PLAN AND SCHEDULE FOR EACH DAY WHILE MAINTAINING FLEXIBILITY. CONSISTENCY AND EXPECTATIONS KEEP STRESS LOW.



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Communication Tips

- THEY MAY HAVE DIFFICULTY WITH REASONING.
- AVOID TRYING TO RATIONALIZE OR JUSTIFY STATEMENTS OR IDEAS. IT IS BEST TO PROVIDE SIMPLE CUES AND SUGGESTIONS WHILE BEING APOLOGETIC IF IT CAUSES TENSION.
- INSTEAD OF SAYING "NO" OR "DON'T YOU REMEMBER" PROVIDE STATEMENTS SUCH AS "MY MISTAKE" AND PROVIDING NATURAL INTRODUCTIONS TO AVOID CAUSING THE PERSON TO FEEL EMBARRASSED OR SHAME.
- INTRODUCE IDEAS INSTEAD OF ASKING OPEN ENDED QUESTIONS.
- "IT'S TIME TO..."
- "LET'S GO..."
- PROVIDE CHOICES WITH OPTION OF "THIS OR THAT"
- PEOPLE RESPOND ON EMOTION- IF STRESS RISES, CHANGE THE SUBJECT AND TRY AGAIN LATER



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Bathing Tips

- WHEN A PERSON DECLINES TYPICAL SHOWERING/BATHING, IT IS NOT A TIME TO FORCE THEM. CONSIDER ALTERNATIVES INSTEAD:
- PROVIDE A LUXURY/SPA EXPERIENCE
 - SET UP TOWELS/ROBE
 - WARM UP THE BATHROOM
 - OFFER CHOICE OF SOAPS/SPONGES
- IF THE INDIVIDUAL DECLINES, OFFER OPTIONS
 - SPONGE BATHING IS OK
 - CONSIDER OFFERING VARIOUS TIMES THROUGHOUT THE DAY "HERE IS A FACE CLOTH" OR "WANT TO FRESHEN UNDER YOUR ARMS WITH THIS?"
- IT'S OK TO GET CREATIVE TO PROTECT MODESTY
 - BATHING IN CLOTHES, A BATHING SUIT OR A TOWEL WRAP
- CONSIDER LEAVING ITEMS STRATEGICALLY PLACED
 - NIGHTSTAND
 - SINK COUNTER
 - BY THE TOILET



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More Bathing Tips

PAIRING TASKS:

- OFFER BATHING/SHOWER WHILE CLIENT IS USING THE TOILET, GETTING UP FROM BED OR CHANGING CLOTHES.
- PROVIDE OPPORTUNITIES FOR PREPARING FOR AN OUTING
 - GOING TO GET COFFEE
 - GOING TO THE BOOKSTORE
 - USE THE SALON AS AN ALTERNATIVE
- CONSIDER ALL-IN-ONE LIQUID SOAP OPTIONS TO MINIMIZE EFFORT AND MULTIPLE STEPS.

Use the following to label clothing/outfits to help with changing clothes regularly

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY