PRACTICAL TOOLS FOR DEMENTIA CAREGIVING

HAVING MORE REWARDS THAN CHALLENGES ON YOUR CAREGIVING JOURNEY
“I’M NOT SURE WHAT TO DO WITH MY PERSON WITH DEMENTIA”
“I ABSOLUTELY DREAD THE AFTERNOON BECAUSE I KNOW IT’S GOING TO BE ROUGH”
“MY PERSON WITH DEMENTIA REFUSES TO DO ANYTHING”
“MY PERSON WITH DEMENTIA FOLLOWS ME AROUND ALL DAY WHILE I’M TRYING TO GET THINGS DONE”
“I FEEL SO OVERWHELMED AND BURNT OUT”
THE FOUR MOST COMMON CHALLENGING BEHAVIORS

SETTING UP A ROUTINE THAT PREVENTS/STOPS THESE CHALLENGES

SOME COMMON MISTAKES TO AVOID WITH CHALLENGING BEHAVIORS
WHAT IS A “CHALLENGING BEHAVIOR”?
UNMET NEEDS

- biological
- social
- environmental
- psychological
FOUR MOST COMMON CHALLENGING BEHAVIORS
1. SUNDOWNING
SOME ENGAGEMENT OPPORTUNITIES THAT HELP SUNDOWNING ARE ANY ACTIVITIES THAT:

1. DON’T REQUIRE A LOT OF FOCUS OR BRAIN POWER

2. ARE REPETITIVE

3. HAVE SOME KIND OF MOVEMENT

WATERING PLANTS
FOLDING TOWELS
CLEANING SURFACES
DUSTING
SWEEPING
HOLDING SOMETHING
2. “I WANT TO GO HOME”
“AHHH, YOU WANT TO GO HOME”

SOME CLUES THAT CAN BE HELPFUL:

1. “DO YOU NEED TO DO SOMETHING THERE?”
   ACTION ITEMS – AN ACTIVITY WHILE YOU WAIT, RELATES TO WHAT THEY NEED AT HOME – THIRSTY, HUNGRY,
   BATHROOM, WORK

2. “DO YOU JUST NEED TO GET THERE?”
   EMOTIONAL – SPACE, SURFACES, TACTILE, PERSONS,
   ACTIVITY THAT SIGNALS COMFORT
3. REFUSALS
FEAR?
MISUNDERSTANDING?
SENSORY?
MAKE IT INVITING AND ENJOYABLE
4. REPEATING BEHAVIORS
SOME ENGAGEMENTS THAT HELP WITH REPEATING BEHAVIORS:

FAMILIAR SONGS
ARE YOU LATE FOR SOMETHING?
CLAPPING/DRUMMING
“JOB”
SETTING UP A ROUTINE -- SOME QUESTIONS TO ASK OURSELVES ABOUT THEIR LIVES BEFORE DEMENTIA:

1. WHAT DID THEY DO FOR WORK BEFORE DEMENTIA?
2. WHAT HOBBIES DID THEY HAVE OR WHAT DID THEY ENJOY DOING BEFORE DEMENTIA?
3. WHAT KIND OF HOUSEHOLD TASKS DID THEY DO BEFORE DEMENTIA?
FOUR COMMON MISTAKES TO AVOID:

1. STRONG ARMING
2. TONE OF VOICE/BODY LANGUAGE
3. TOO MANY WORDS TOO FAST
4. FIXING TOO MANY THINGS FOR YOUR PERSON
“WHAT YOU DO FOR ME, YOU TAKE FROM ME”

-- MARIE MONTESSORI
QUESTIONS?

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