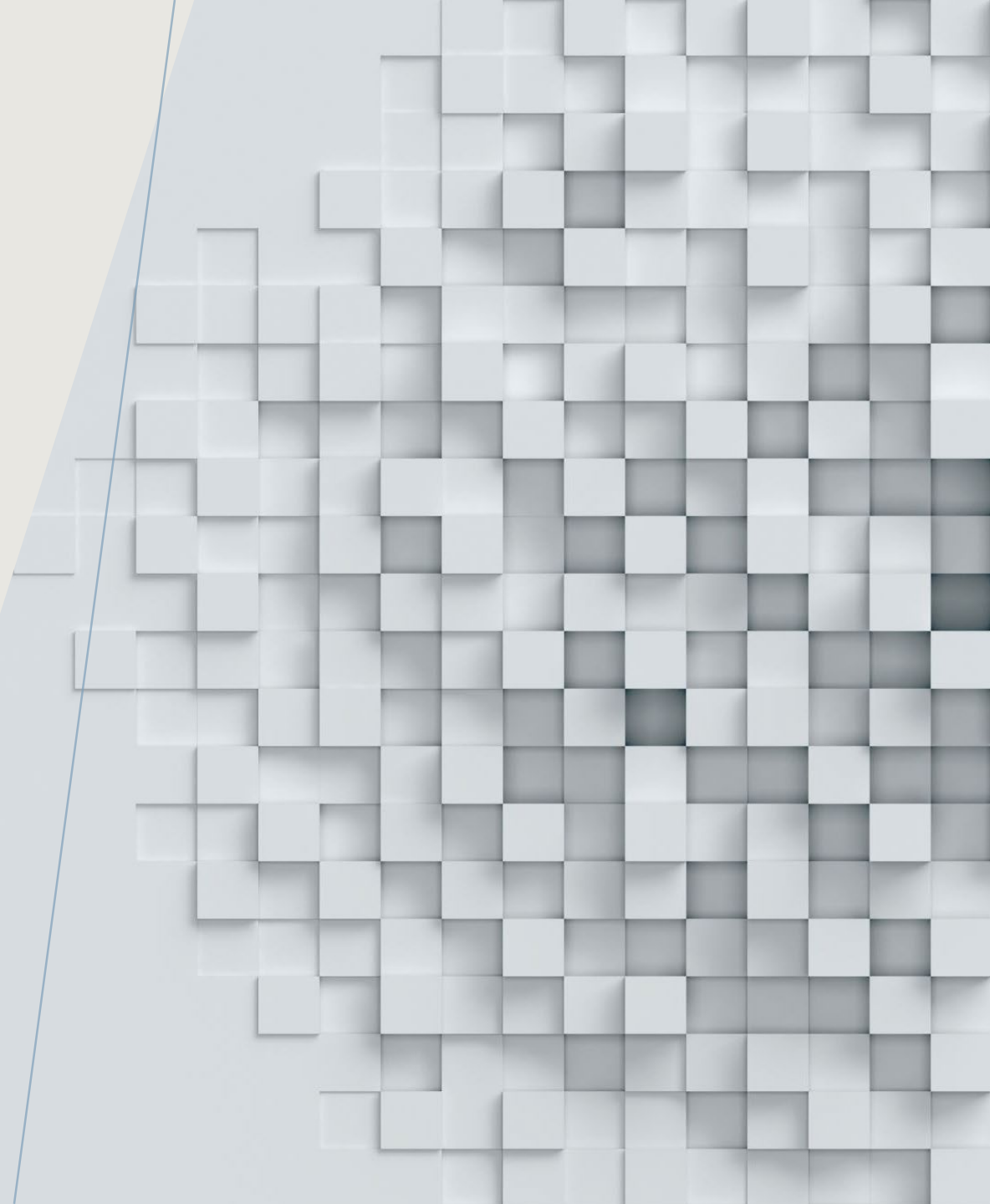


PRACTICAL TOOLS FOR DEMENTIA CAREGIVING

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***

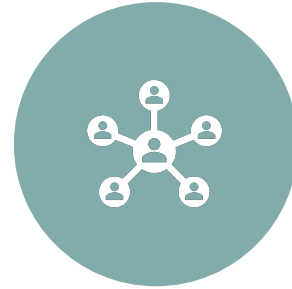


WHAT IS A “CHALLENGING BEHAVIOR”?

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

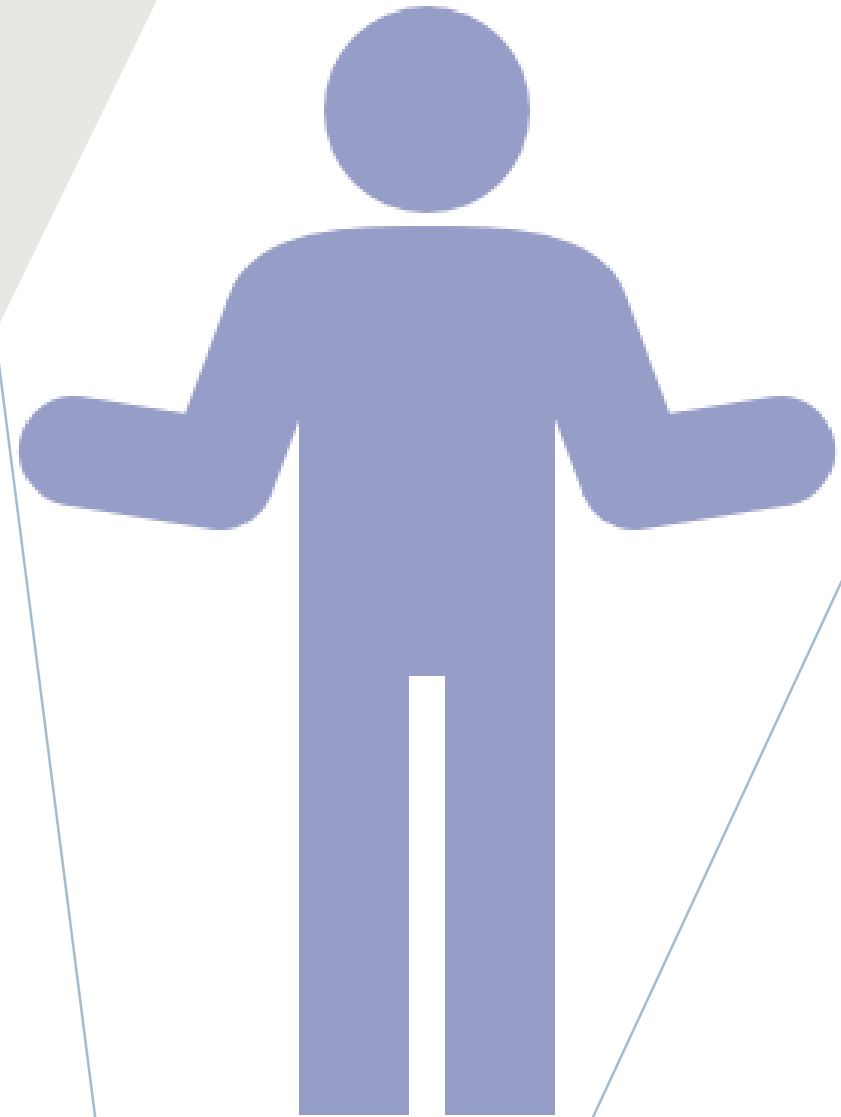
2. TONE OF VOICE/BODY LANGUAGE

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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