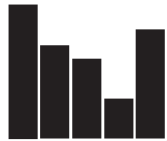


## Caring for Someone with Dementia

### Dementia is...

- a decline in mental ability affecting everyday life
- not a normal part of aging
- a terminal illness which gets progressively worse
- an umbrella term for many types including: Alzheimer's Disease, Vascular Dementia and Lewy Body Dementia, among others
- a disease that impairs memory, problem solving, judgement, language, personality, among others
- responsible for many symptoms including: compulsive behavior, hallucinations, language difficulties, confusion, depression, irritability, difficulty solving problems, among others



### Considerations for Placement...

- can you support their daily routine?
- are there enough daily activities and stimulation during the day?
- can you accommodate varying sleep patterns?
- are meal times full of distractions?
- can you accommodate special diets?
- can your staff work with residents who don't want to shower?
- how does your staff handle incontinence?
- are visiting hours built around family work schedules?
- how would other residents receive and treat this person?



### Behavior and Communication Tips...

- all behaviors are a form of communication
- some risks include undiagnosed pain, being in a new environment and a negative approach
- some causes include: over-stimulation/boredom, misinterpreting what someone is doing and the inability to communicate
- some prevention techniques include: knowing the persons routine and triggers, reassuring the person and using redirection
- some ways to improve communication include: using their first name, making eye contact before starting to speak, limit open-ended questions and use short, one-step instructions
- three phrases to remember: "I'm sorry", "Tell me about it", "Show me"

