

# Understanding ADL's and how to assist those with Dementia

“There are only four kinds of people in the world-those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers”- Rosalynn Carter

# What is the recipe for successful caretaking?

- ❑ Dash of patience
- ❑ one lb. of understanding
- ❑ 4 cups of compassion
- ❑ A smidge of laughter
- ❑ Stir in a pot with positive communication

# If you are caring with someone with Dementia, the goal is to be their Care PARTNER

- You don't get to choose who gets dementia in your family and who you will be caring for.
- As Care Partners, we have to figure out how to help those living with Dementia.
- As long as you are thinking it's just memory problems, you are denying the devastation of what someone is trying to live with. It's not just memory problems, it's brain FAILURE.
- Critical to remember they are doing the best they can. Our challenge is to be the best we can.

# First step in being a Care Partner is to Self Observe

- Take a look at our hands doing the caring
- As caregivers what do we see?
- Throw perfect out the window
- Throw the “remember” out the window too
- There will be mistakes; lots of them- You’ll need some ways to say “ I am sorry”
- Unpleasant and uncooperative behavior- typically they are reacting to what you started
- See the person behind the dementia and stop getting lost in the dementia.

# Our Journey with Grandmother



Our challenge was understanding the Journey SHE was on.






➤ I am sorry.

1. I am sorry I made you\_\_\_\_\_.


Say the emotion out loud for them because people with dementia are less aware of exactly what they are feeling inside.

2. “ I am sorry, I was trying to Help.”
3. “ I am sorry I treated you like a child. Look at how the disease is making them feel.”
4. “ I am sorry- I am trying really hard.” Remember, you are in this together.






5. “ I am sorry, you are right”-  
Toughest one...but, you have  
give up being right.  
Decide, do you want to be  
Right? Or Do you want to  
be happy?



➤ Our challenge is that we see ourselves as *caregivers* and not CAREPARTNERS. To be a *caregiver*, you need someone to receive... People with dementia usually don't realize they need the care. You have something they don't want.



Create a positive partnership.  
Go where they are.  
Let them led in the Dance.  
Can't make them come to you, you  
have to go where they take you.  
Before you resist, correct, distract,  
**ACCEPT** where they are in their  
**WORLD.**

# Basics for Success

- Be a detective, not a judge
- Look and listen
- Use your senses to figure things out: Visual ( what you see ) , auditory (what you hear) , Physical (touch), Smell (intense emotional response), Taste.  
DEMENTIA CHANGES ALL OF THESE
- Match your help to the remaining abilities
- Let go of *your* embarrassment.

Take care of the persons feelings

Avoid negative words like “no” and “can’t”

Be patient and accept unpredictability

Join the person in the moment and Reassure

Enter the person’s Reality

Redirect to something pleasant

Provide opportunity for the person to be successful

# Mild dementia

Word finding problems

Difficulty with abstract thought

Repetition

Difficulty with talking on the phone

Comprehension problems

Awareness of difficulties

# Mild stage communication techniques

Repeat messages

Use simple direct language

Allow enough time to answer

Use of memory aids (only in early stage)

Provide opportunity to express feelings

Use questions to stimulate conversation and involvement

# Moderate impairment

Possible delusions and hallucinations

Repetitive actions

May get lost at times

Needs reminders to perform ADLs

Increased inability to comprehend and carry on a conversation

Difficulty in writing and using objects properly

Lose train of thought

Increased difficulty with comprehension

Substitutes or uses wrong words

Increased trouble with repetition

Avoids social situations

Difficulty initiating a conversation



# Techniques to use in Moderate impairment

Watch your body and the body language of the person

Respond more to the emotions expressed than the words said

Slow down the pace of communication

Reduce extra noise if possible

Speak at eye level of the person

Use touch when appropriate

Get the persons attention before speaking

Keep your mood calm and relaxed

Speak on eye level of the person

# Modify the environment to avoid a fall and enhance well being



# 10 questions to ask right after a fall

- 1. Are you ok?
- 2. What were you trying to do?
- 3. What was different at the time?
- 4. What time of day?
- 5. What position were they found in?
- 6. What was area like?
- 7. What were they wearing?
- 8. What assistive devices were being used and where were they placed?
- 9. How far away were they from there designation?
- 10. Contents in Commode?

# REST is important for you and them

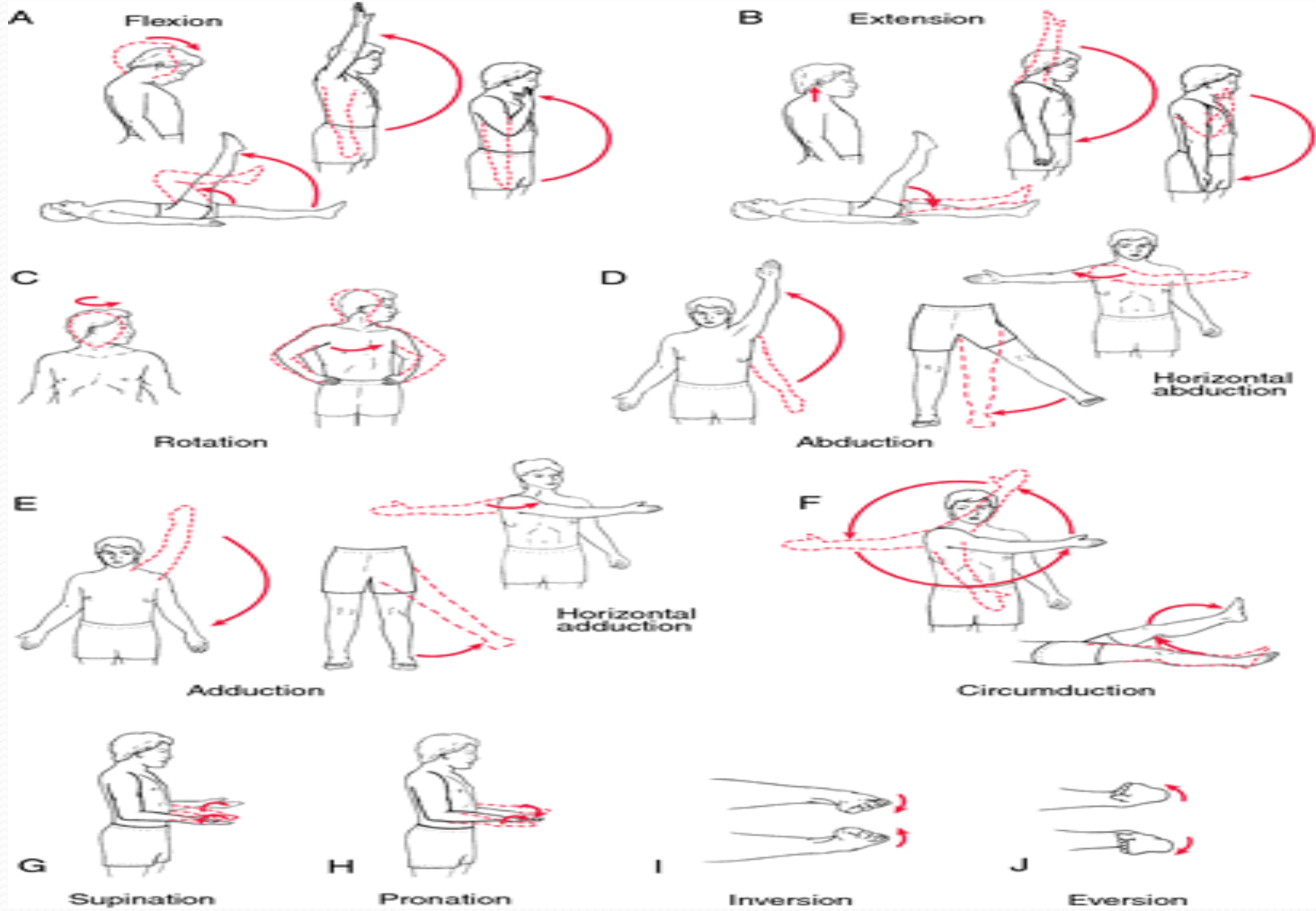
- Need 8 hrs. of uninterrupted sleep for optimal brain functioning
- Lack of sleep causes irritability, lack of motivation, anxiety, longer reaction times, increased errors, poor decisions, fatigue
- Increase day time activity
- Decrease noise and light
- Reduce fluid intake in evening to avoid bathroom trips
- Look at nutrition and drug effects.

## ROM

Range of motion exercises help improve joint function. Range of motion is how far you can move your joints in different directions.

These exercises help move each joint through its full range of motion.

Movement can help keep joints flexible, reduce pain, and improve balance and strength



# INCONTINENCE

Every two hour schedule helps avoids an accident. Pads and briefs help for accidents.

If using briefs, avoid the word “diaper”...you can use word “underwear”

Can put the depends inside of underwear to disguise them

Bathing- the goal is getting  
*CLEAN*

NOT:

Taking a Bath

Taking a shower



Partial bath- where can you do one?

Clean to dirty

Fragile skin

Having all your supplies ready

Making a comfortable room

Respecting privacy. Having extra towels can help

What should you be observing while giving a bath?...Pressure Ulcers ( more on that in a bit)

Greatest danger in Bathroom is getting in and out of tub.

Transfer benches

Grab bars- where should they be placed?

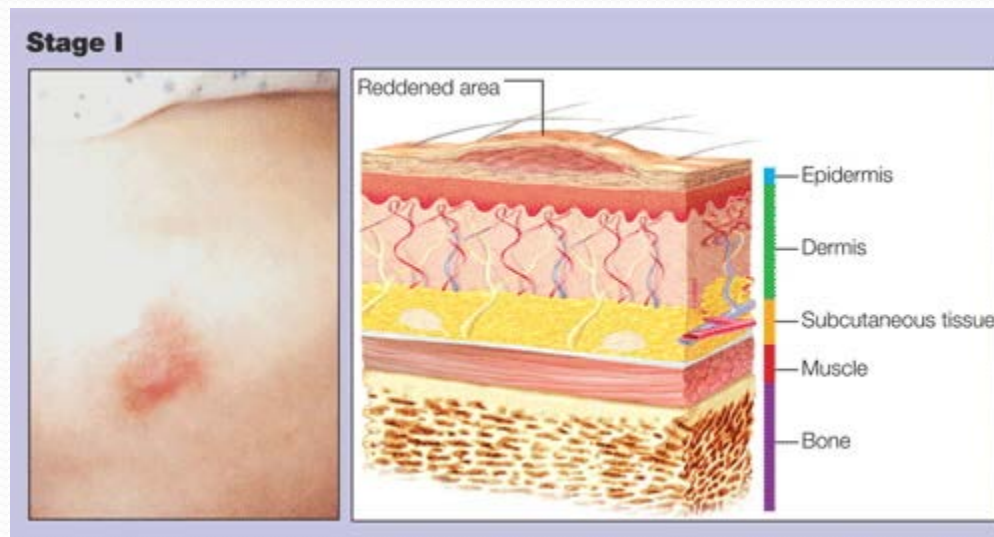
How to determine if they are needed? What should you do if you think they are needed?

Handheld showers-helps with hard to reach places

Shower chairs. How do you know if they need one and what should you do?

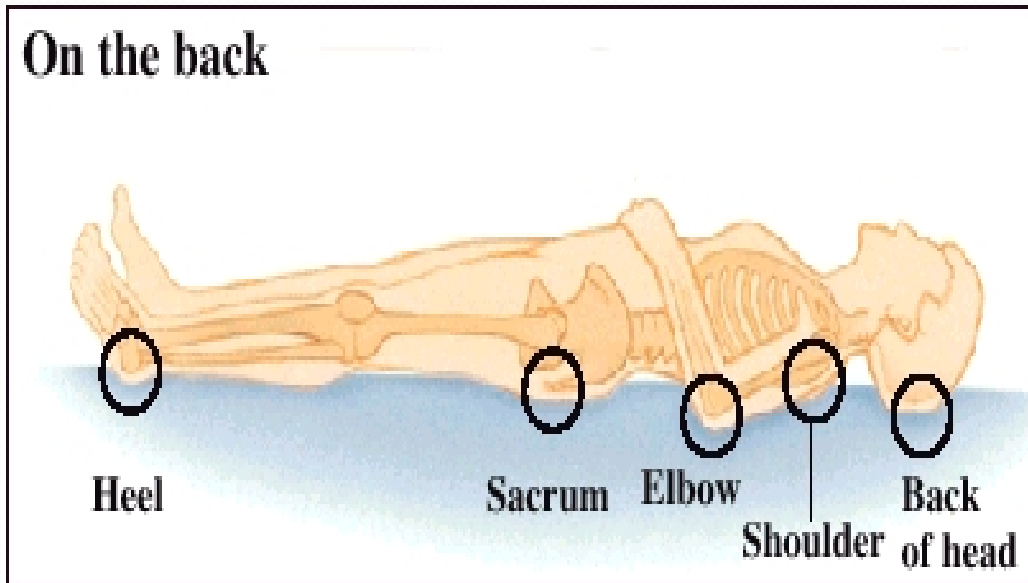


# Look for Redness and Warmth

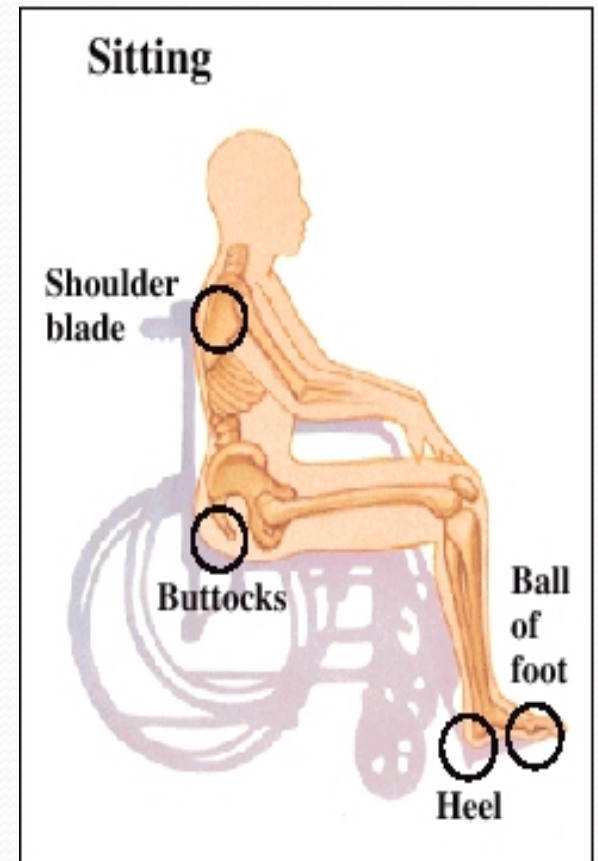


# Areas at Risk

**On the back**



**Sitting**



# Transfers

1. Safe transfers start with good body mechanics.
2. Use equipment the right way and parked in the right place.
3. Look at your environment
4. Use assistive devices – hand rails, gait belts, bedside commodes

# Resources to consider

- Alert necklaces- some have GPS tracking
- Care Centers- Charlie's Place, PACE
- Lunch and learns offered through Alzheimer's Services
- Support groups
- Company's that offer caregivers
- Veteran Benefits- Aid and Attendance
- 5 wishes and LAPOST
- Support Groups
- Learn about Assisted Livings and what they offer

Same days will be better than others... And that's O.K.

“ Some days, doing the best we can may still fall short of what we would like to be able to do, but life isn't perfect on any front and doing what we can with what we have is the most we should expect of ourselves or anyone else”-  
Fred Rogers





# Handouts and information available:

- Home safety checklist
- Hearing Center Coupon
- Prescription card saver
- Alzheimer's Services Lunch and Learn schedule
- Product list handout
- BREC booklet
- PACE information
- VA aid and attendance information
- LaPOST and 5 wishes
- Alert necklace info and med dispenser
- [AutoAlert www.YouTube.com/Philips Lifeline](http://www.YouTube.com/PhilipsLifeline)
- [PMD http://www.managemypills.com/content/How PMD Works](http://www.managemypills.com/content/How_PMD_Works)
- [GoSafe http://youtu.be/YFMNkQ6peUo](http://youtu.be/YFMNkQ6peUo)
- Senior Resource Guide
- ROM exercises
- Communication tips
- Health Record booklet
- Caregiver Confidence booklet
- Geriatric Care Management

# References used in presentation

- Family Care Giver Alliance
- AARP
- Teepa Snow
- Rosalynn Carter Institute for Caregiving
- Dementia Care Academy