

Caregiver Tips and Strategies

The following are tips and strategies for areas of concern when caring for a loved one with dementia –

Late Afternoon Behavior

It can be common for persons with dementia to fidget and act nervous, becoming upset and want to go “home” despite being at home. Try –

- Giving a hug
- Tell the patient they are safe, you are not leaving
- Turn on more lights
- Ask if they are hungry or would like to help in the kitchen
- Offer an easy activity like sorting spoons or forks or wiping off the table.

Refusing Care

This can be a great dilemma. Try these helpful hints –

- Keep a daily routine
- Don't ask “Do you want to take a bath?” The response may well be NO. Tell your loved one it is time for the care activity
- Have all supplies ready before you start
- Explain, in simple terms, what you will be doing
- Reassure your loved one that they are safe
- If conflict occurs, step away and try later

Dressing

A daily task that can have its own set of challenges, try these strategies to simplify this task –

- Allow twice the amount of time you think you will need
- Don't act rushed or in a hurry
- Limit choices to two outfits. Let your loved one pick what clothes to wear
- Provide the clothes in the order needed to put them on
- Give verbal cues if needed
- Use short, simple, one-step commands
- If there is one particular outfit that is desired, buy several outfits that look just like it.
- Use pants with elastic waists, pullover tops, shoes with Velcro for ease

Calendar of Events

FREE CONSULTATIONS

Monday – Friday 9:00 am – 5:00 pm

Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available with a Care Manager. Appointments suggested call 253-6320.

Cindi Timmerman, MSW Brevard Alzheimer's Foundation offers and individualized discussion. Appointments suggested call 253-6320.

MEMORY SCREENINGS

Appointment necessary!

FREE Memory Screenings. Call 253-6320.

SUPPORT GROUPS

1:30 – 3:00 pm

Safe Harbor During the Storm - Support Group

Share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. Hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain.

FREE consultations for anyone with questions related to dementia, memory loss or Alzheimer's disease.



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