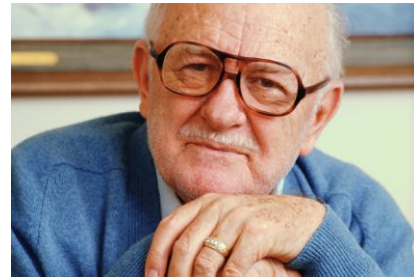


CARE STRATEGIES FOR RESIDENTS WITH DEMENTIA



Focus on the relationship, not the task.

A	<p>ALLOW TIME</p> <ul style="list-style-type: none"> • Slow down; someone with dementia needs more time • Breathe...a calm caregiver can calm the resident • Rushing through care can cause emotional distress and increase anxiety, agitation, aggression
B	<p>BACK OFF</p> <ul style="list-style-type: none"> • If you insist, they will resist <ul style="list-style-type: none"> ○ If they resist, stop what you are doing ○ Can the care be done later? ○ Pause...try another approach ○ Get help; have someone else try
C	<p>COMMUNICATE</p> <ul style="list-style-type: none"> • Start the interaction in a conversational way • Simplify what you say • Check you approach – dignity and respect • Be supportive
D	<p>DISTRACT</p> <ul style="list-style-type: none"> • If they are distressed, distract by: <ul style="list-style-type: none"> ○ Talking about someone or a subject that is meaningful to the resident (ie. gardening, grandchildren) ○ Doing an activity the person enjoys (ie. singing)
E	<p>ENTER THEIR WORLD</p> <ul style="list-style-type: none"> • Put yourself in their shoes <ul style="list-style-type: none"> ○ Try to understand the situation from <i>their</i> perspective ○ Find out what they are needing in this moment (ie. reassurance, toileting) ○ Try to meet the need (ie. provide comfort, take them to the washroom) • Go with the flow (ie. focus more on their needs and less on your task)