

alzheimer's  association

Caregiving Success at Your Fingertips

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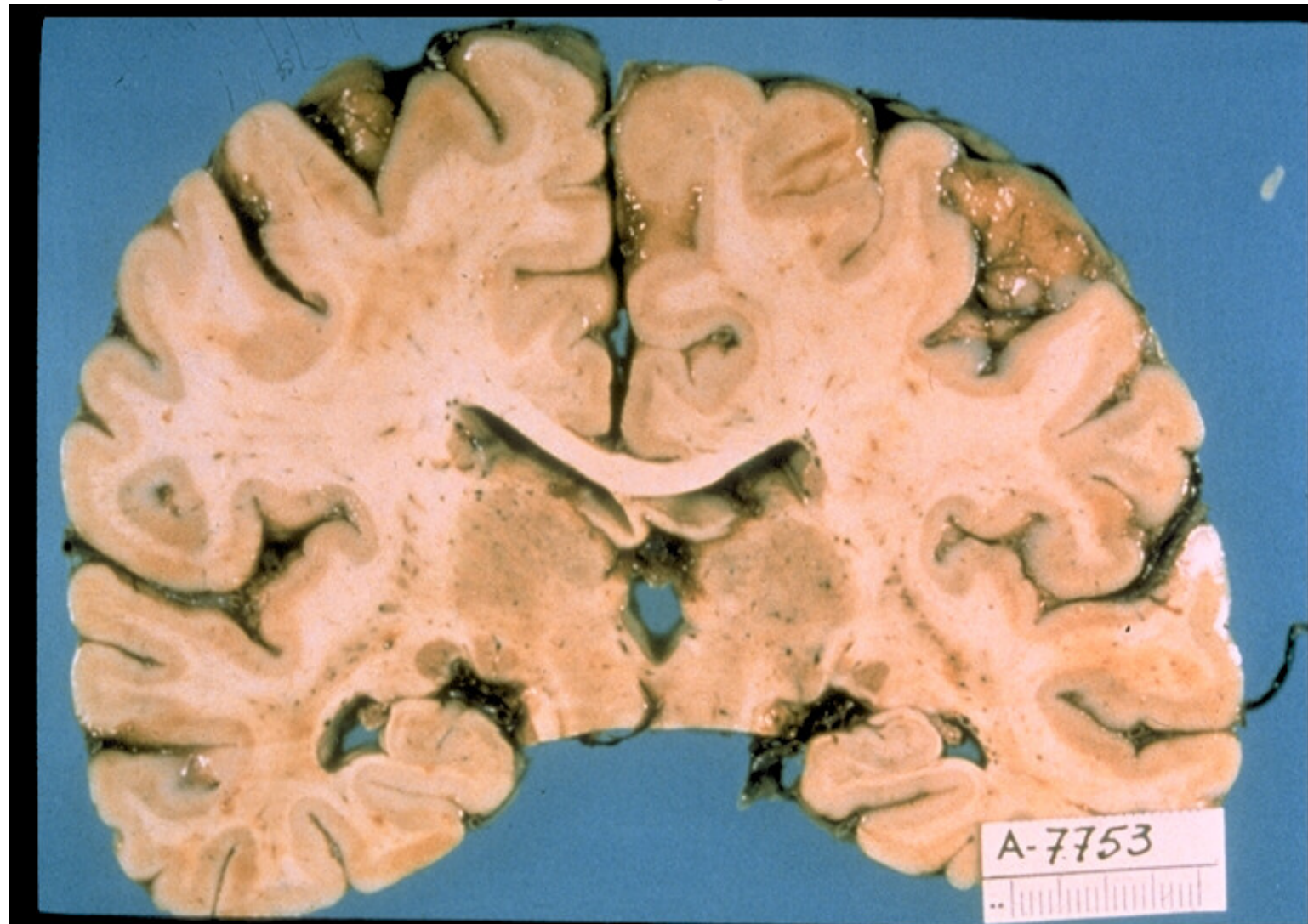
Ten Warning Signs & Symptoms

- 1. Memory changes that disrupt daily life.
- 2. Challenges in planning or solving problems.
- 3. Difficulty completing familiar tasks at home, at work or at leisure.
- 4. Confusion with time or place.
- 5. Trouble understanding visual images and spatial relationships.

Ten Warning Signs & Symptoms

- 6. New problems with words in speaking or writing.
- 7. Misplacing things and losing the ability to retrace steps.
- 8. Decreased or poor judgment.
- 9. Withdrawal from work or social activities
- 10. Change in mood and personality.

Brain of Healthy Older Adult



Brain of Person with Alzheimer's



Dementia Umbrella



Gradual,
Progressive
Decline
That impacts everyday
Life

Reversible

- Depression
- Infections
- Medication/Drug Interaction
- Hydrocephalus
- Vitamin/Mineral Deficiencies
- Hypo/Hyperglycemia

Irreversible

- Alzheimer's Disease
- Vascular Dementia or
Multi-Infarct
- Frontotemporal Dementia
- Parkinson's Disease
- Creutzfeldt-Jakob Disease
- Lewy Body Disease
- Huntington's Disease

A + B + C = Dementia

- A. Activities of Daily Living – loss of ability to independently bathe, dress, toilet and eat.
- B. Behavior – loss of control over emotions and inhibitions (e.g., irritability, agitation, impulsive, resistant to care, sexual acts)
- C. Cognition – loss of memory, problem solving, language and orientation to time and place.

- **What is Alzheimer's Disease?**



The Alzheimer's Timeline



UCLA Alzheimer's and Dementia Care Program video topic list

- Aggressive language & behavior
- Agitation & Anxiety
- Depression & Apathy
- **Hallucinations**
- Home Safety
- **Refusal to Bathe**
- **Refusal to Take Meds**
- * Repetitive Behaviors
- * Repetitive Questions
- * Sexually Inappropriate Behavior
- * **Sleep Disturbances**
- * Sundowning
- * Wandering

<https://www.uclahealth.org/dementia/caregiver-education-videos>

Brainstorming Behavior Activity

When evaluating behavior we need to determine:

Is this a challenging behavior?

Challenging for whom?

Why is the behavior challenging?

Possible causes for the behavior:

Physical needs? (hunger, thirst, etc.)

Medical issues? (pain, medication interactions, etc.)

Social/Emotional? (depressed, lonely, over/ understimulated, etc.)

Environmental triggers? (sounds, lighting, new location, etc.)

Other? (how the person was approached, etc.)

Websites for Caregiver Resources

Alzheimer's Association

- Tips sheets on various behaviors

www.alz.org

Aging and Disability Resource Center (ADRC)

- Link to local ADRC and their services

<https://www.dhs.wisconsin.gov/adrc/index.htm>

Alzheimer's Store/ Ageless Design

- Features products specifically designed for persons with dementia

<https://www.alzstore.com>

Family Caregiver Alliance

- Facts and tips, caregiving issues and strategies

www.caregiver.org

National Institute on Aging/ National Institute on Health (NIA/NIH)

<https://www.nia.nih.gov>

UCLA Health – UCLA Alzheimer's and Dementia Care Program

<https://www.uclahealth.org/dementia/>

How does the Alzheimer's Association help?

- 24/7 Helpline: 800.272.3900
- Family Planning/Consultations
- Community/Family Education Programs
- Support Groups
- Professional Training



**Thank you
for all
you do!**

Everyday Ideas for Caregivers



Practical Tips to Support Those Caring for a Loved One with Memory Loss

Communication

- Say the person's name and **approach** slowly.
- **Smile** and make eye contact.
- Provide him/her personal **space** until he/she notices you.
- Keep the **conversation** simple.
- Show what you're requesting, using verbal and nonverbal **cues**.
- Be **patient**. It could take 7 to 8 seconds for a response.
- **Repeat** what you said, if needed.
- Don't correct or try to reason if there is **confusion** about people or past events. Talk about something else, like an enjoyable past event.
- There are no mistakes. Provide **praise and encouragement**.
- Remember that **music** can be a calming influence.

24/7 Helpline 800.272.3900

Hygiene

- Try to keep the same **routine** and build in lots of time for the task.
- Have all your **supplies** ready before you start.
- Use a calm, slow **approach**.
- **Explain** each step in simple terms.
- Use clothes that are **easy** to put on and lay them out in order.
- Purchase similar items of **favorite** choices.
- Give **praise** and allow him/her to do what he/she can.
- Offer to **help** if there is frustration.
- Try again later if there is **resistance**.
- Bathroom Tips:
 1. Use a picture or sign to identify the bathroom.
 2. Make a clear path to the bathroom.
 3. Visit the bathroom every 2-3 hours.
 4. Take extra bathroom supplies when going out.
 5. Reassure that accidents happen and that's OK.

24/7 Helpline 800.272.3900

Mealtime

- Serve meals at the same **time** every day, when possible.
- Make meal time **comfortable** and **peaceful**.
- Serve foods with a variety of **colors** and **textures**.
- Provide only the **utensils** that are needed.
- Serve **finger foods** if utensils cause frustration.
- You may need to put the utensil in his/her hand and/or **show** how to use it.
- **Serve** foods one at a time and in a small bowl rather than on a plate, if needed.
- **Play** favorite music in the background.

▼ More tips on reverse ▼

24/7 Helpline 800.272.3900

Pacing

- Keep walkways clear and **prevent** falls with good footwear.
- Hold hands and walk **together**.
- Take a trip to the **bathroom**.
- Offer him/her a small food item or **snack** that can be carried while walking.
- **Distract/redirect** him/her with a calming activity and assurance of safety.
- Provide a mild **pain** reliever such as Tylenol in case of pain.

24/7 Helpline 800.272.3900

Wandering

- Keep a recent **photo** of the person for emergencies.
- Ensure the person always wears an **ID** bracelet.
- **Enroll** in the Alzheimer's Association's **Medic Alert + Safe Return** program.
- Keep **doors** locked with latches up high or install a keyed deadbolt.
- Consider installing **alarms** on the doors.
- Provide opportunities for **exercise** and simple household activities.
- Provide adequate **rest** periods and try to ensure that the person can get a good night's sleep.
- Initiate **activities** during the time of day before his/her wandering usually starts.
- Ensure that neighbors and the local community are **aware** of the circumstances.

24/7 Helpline 800.272.3900

Sundowning

- Listen to and **validate** any increase in agitation or desire to go home.
- Allow **time** for expressing concern.
- Provide **reassurance** of safety and that you are not leaving.
- Offer a **snack** or something to drink.
- Turn on more **lights** and close the curtains.
- Engage him/her in **conversation** about favorite subjects.
- Ask for help with a **meaningful** task, something that reflects past interests.
- Take a trip to the **bathroom**.
- Take a **walk** or a **drive**.
- Listen to **music** that he/she enjoys.

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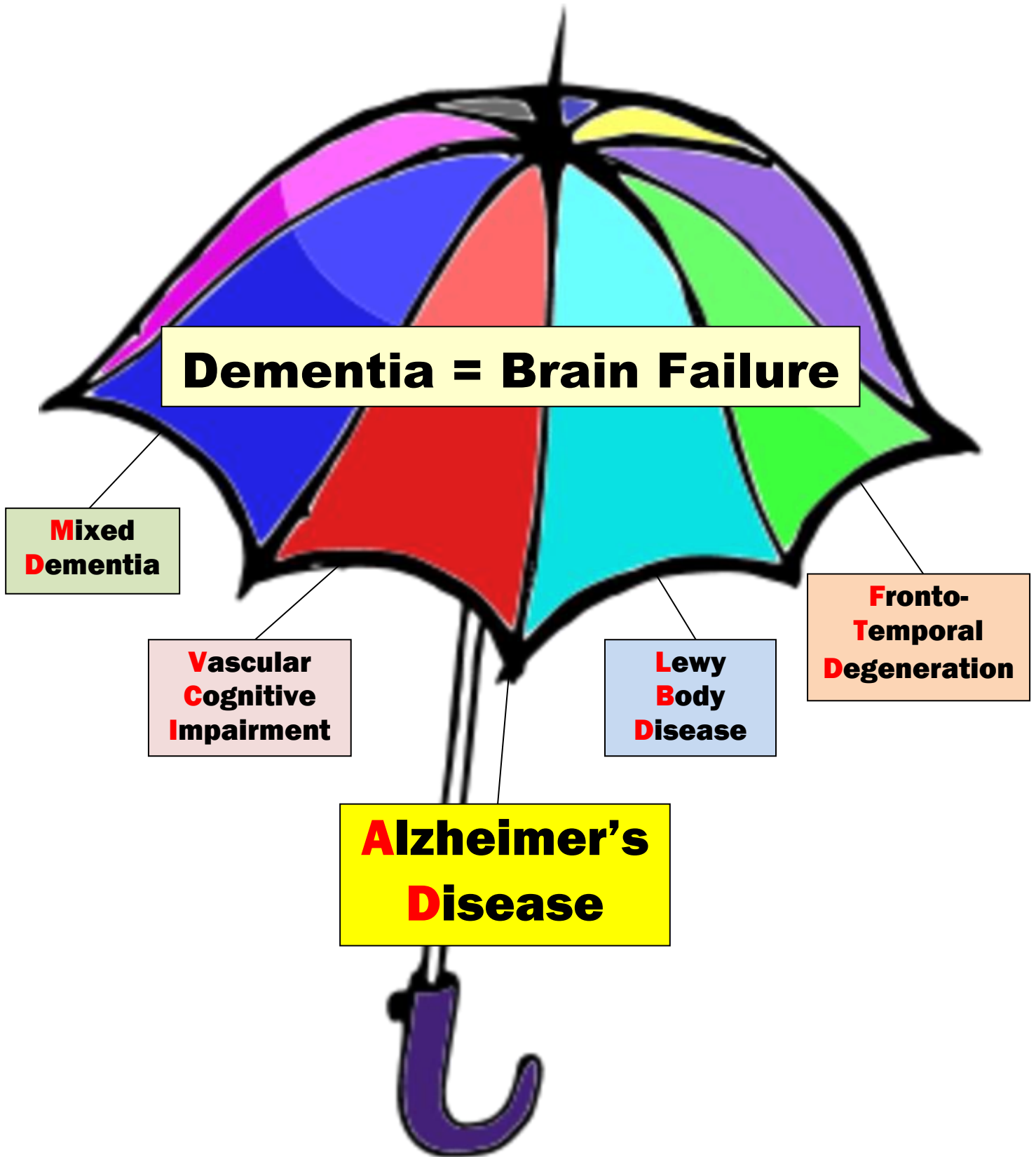
Tips for YOU

- Eat healthy, get **plenty of rest** and **take time for yourself**.
- Keep a **good sense of humor**.
- Do things for yourself that you enjoy.
- **Share your feelings** with a **good friend** or a local **support group**.
- For **further support**, contact:

Alzheimer's Association
Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | phone
414.479.8819 | fax
800.272.3900 | 24/7 Helpline
www.alz.org/sewi

▼ **More tips on reverse** ▼



Each type of dementia progresses differently.

A + B + C = Dementia

- A. Activities of Daily Living** – loss of ability to independently bathe, dress, toilet and eat

- B. Behavior** – loss of control over emotions and inhibitions (e.g., irritability, agitation, impulsive, resistant to care, sexual acts)

- c. Cognition** – loss of memory, problem solving, language and orientation to time and place.

TAKE ACTION WORKSHEET:

Use this worksheet to record steps taken to minimize the occurrence of key behaviors.

BEHAVIOR	RESPONSE AND REMOVAL OF TRIGGERS
HALLUCINATIONS	<ul style="list-style-type: none"> <input type="checkbox"/> See the room through the person's eyes. <input type="checkbox"/> Identify and remove triggers such as open curtains, shadows and mirrors. <input type="checkbox"/> Use a night light in the bedroom. <input type="checkbox"/> Remain calm and reassuring. Do not yell or scold. <input type="checkbox"/> Help person into bed and provide reassurance. <input type="checkbox"/> Other ideas:
REFUSAL TO BATHE	<ul style="list-style-type: none"> <input type="checkbox"/> Be flexible with bath time. <input type="checkbox"/> Use terms such as "spa" if the word "bath" causes anxiety. <input type="checkbox"/> Create soothing environment in the bathroom (e.g. soothing music). <input type="checkbox"/> Install hand rails and use a shower chair for safety. <input type="checkbox"/> Limit bathing to twice a week with sponge baths in between. <input type="checkbox"/> Let the person with dementia know what you are about to do. <input type="checkbox"/> Use towel to provide privacy. <input type="checkbox"/> Install a hand-held shower head for control of aim of water stream. <input type="checkbox"/> Other ideas:
REFUSAL TO TAKE MEDICATIONS	<ul style="list-style-type: none"> <input type="checkbox"/> Pick a doctor or individual that the person with dementia wants to please. Tell him/her that this person wants him/her to take the medication. <input type="checkbox"/> Consider liquid medicine or crushing pills in food. <input type="checkbox"/> Sit down to offer medication instead of standing overhead. <input type="checkbox"/> Be patient if the person is refusing. Allow person with dementia to calm down before trying again. <input type="checkbox"/> Give most important medications first. <input type="checkbox"/> Other ideas:

<p>REPETITIVE BEHAVIORS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Search for what might be causing the behavior. Are basic needs being met (e.g. food, bathroom, pain)? <input type="checkbox"/> Do not respond aggressively to behavior. <input type="checkbox"/> Ignore behavior after having assessed if basic needs are being met. <input type="checkbox"/> Redirect focus away from behavior. <input type="checkbox"/> Include person with dementia in your daily routine. <input type="checkbox"/> Other ideas:
<p>REPETITIVE QUESTIONS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use a dry erase board for the daily schedule; ensure writing is easy to read. <input type="checkbox"/> Wait to mention an upcoming event until it's time to get ready. <input type="checkbox"/> Be patient. <input type="checkbox"/> Be prepared ahead of time. <input type="checkbox"/> Avoid visual cues that can trigger the questioning. <input type="checkbox"/> Don't rush before appointments or events. <input type="checkbox"/> Other ideas:
<p>SUNDOWNING</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure rooms are well-lit and free of shadows. <input type="checkbox"/> Create a calm environment free of loud noises or disruptions. <input type="checkbox"/> Be patient. <input type="checkbox"/> Distract with enjoyable activity. <input type="checkbox"/> Provide moderate exercise throughout the day. <input type="checkbox"/> Limit daytime napping. <input type="checkbox"/> Other ideas:
<p>WANDERING</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use a calm tone of voice and provide reassurance. <input type="checkbox"/> Distract with a pleasant activity. <input type="checkbox"/> Disguise doors. <input type="checkbox"/> Place signs on doors to discourage leaving. (e.g. STOP) <input type="checkbox"/> Ensure person is getting enough exercise. <input type="checkbox"/> Ask person if he/she needs anything. <input type="checkbox"/> Do not leave coats, hats or keys in plain sight. <input type="checkbox"/> Other ideas: