



Walking Together

Making our Way Along the Dementia Path

Session 3

Tips for Providing Support and Care

The following information has been gathered directly from key slides in this presentation.

Approach Matters Positive Physical Approach Teepa Snow (Slide 5)	<ul style="list-style-type: none">• Pause at edge the of public space – 6 feet• Gesture and greet by name• Offer your hand and make eye contact• Approach slowly within visual range• Shake hands and maintain Hand-Under-Hand™• Move to the side• Get to eye level & respect intimate space• Wait for acknowledgement
Communication (Slide 6)	<ul style="list-style-type: none">• Call the person by the name they want to be called.• Lower the tone of your voice and slow your speed.• It is important to use glasses, dentures, and hearing aids.• A smile helps to create a positive response.• Talk less and show more of what you want them to do.• Always offer positive feedback.
Keep In Mind (Slide 7)	<ul style="list-style-type: none">• Remember the person before the task.• Consistency and routine are very important.• Provide choice but not too many options if overwhelmed.• Have patience. They need more time to complete a task.• If they could do it differently, they probably would
Get Curious (Slide 8)	<ul style="list-style-type: none">• Who is this person?• Preferences? - Food, activities, clothing, care needs?• What is their history?• What is occurring in the environment?• Are there distractions?• Is it too noisy? How can you reduce the noise level?• Temperature of the room? Too warm? Too cold?• Lighting? Is it too dark or too light? Is there a glare?

<p>Meals (Slide 9)</p>	<ul style="list-style-type: none"> • Physical environment Create minimal distractions including noise. Placemats clarify a person’s “territory”. Use of colored plates can help by creating contrast. Eliminate straws if challenging for the person. If confused by too much silverware use less. • Assistance When assisting, sit on the person’s dominant side. Look up Teepa Snow on YouTube for Hand-Under-Hand. If they are only eating on one side of plate, turn it. Eat with them when possible
<p>Food (Slide 10)</p>	<ul style="list-style-type: none"> • May need to serve them one item at a time. • Offer familiar foods. • Provide food easy to eat such as small pieces, finger foods, a pita bread sandwich or pasta noodles. • Consider smaller meals throughout the day for some who is “on the go”.
<p>Personal Care (Slide 11)</p>	<ul style="list-style-type: none"> • Let them do what they can do even if it takes longer. • Respect their dignity. • Provide visual or verbal step by step cues. • Touch should be gentle but firm. • Increased sensitivity can occur around mouth, feet, and genitals.
<p>Bathing (Slide 12)</p>	<ul style="list-style-type: none"> • Is the room inviting? • Prepare the room in advance so you don’t have them waiting. • Cold plastic seat? Put a towel on it. • The room should be warm and well-lit but not too bright. • Handheld shower head allow for them to have control. • Grab bars and mats can prevent falls. • Soothing music and lavender can enhance relaxation.
<p>Bathing (Slide 13)</p>	<ul style="list-style-type: none"> • Let the person do as much as possible for themselves. • What is their habit? Did they take an am/pm shower/bath? • Sponge baths can be an option if the person is really upset by shower or tub bathing. • Cover with bath blanket or towel for privacy and warmth. • Give washcloth to hold • Have the person feel the water first and start at their toes. • Consider washing their hair separately or use a cup. • Wear a bathrobe to demonstrate it is bath time

<p>Mouthcare and Shaving (Slide 14)</p>	<ul style="list-style-type: none"> • Mouthcare <ul style="list-style-type: none"> Prevention done early reduces later challenges Use just a small amount of toothpaste Toothbrush – soft and small head Demonstrate to them what you want them to do Hand-under-Hand or over hand assistance Hand on shoulder can reduce the focus on the task • Shaving <ul style="list-style-type: none"> Electric razor Demonstrate
<p>Toileting (Slide 15)</p>	<ul style="list-style-type: none"> • Can they find the bathroom? Can they easily see the bathroom? Do you need signs? Leave the door open when not in use so they can easily see it when needed. • Mirrors can cause a person to think that someone is in the bathroom, so they avoid it. Consider covering or removing the mirror. • Determine their normal pattern and help them to maintain it. • When accidents happen – do not react negatively • Monitoring for constipation and UTI's • Might consider giving them a magazine if they tend to not stay on the toilet long enough. • Provide enough time for the body to do what it needs to do.
<p>Dressing (Slide 16)</p>	<ul style="list-style-type: none"> • Choice but minimize choices as ability declines • Store extra clothing in another location • Comfortable, easy to wear clothing– large zipper pulls or Velcro • Modify the habit if needed. • If they like to wear particular items, purchase several of the same. • Sequencing - Lay out clothing in order they are to put them on.
<p>Medication (Slide 17)</p>	<ul style="list-style-type: none"> • Medication review • Work with physician and pharmacist to eliminate unnecessary meds. • Minimal distractions when administering meds • Demonstrate taking the medication • If refusing come back in a few minutes • Give the most important medication first to make sure they get it. • If having trouble getting them to take the medication try sitting with the person rather than standing over them

