

Caregivers Tips and Tricks

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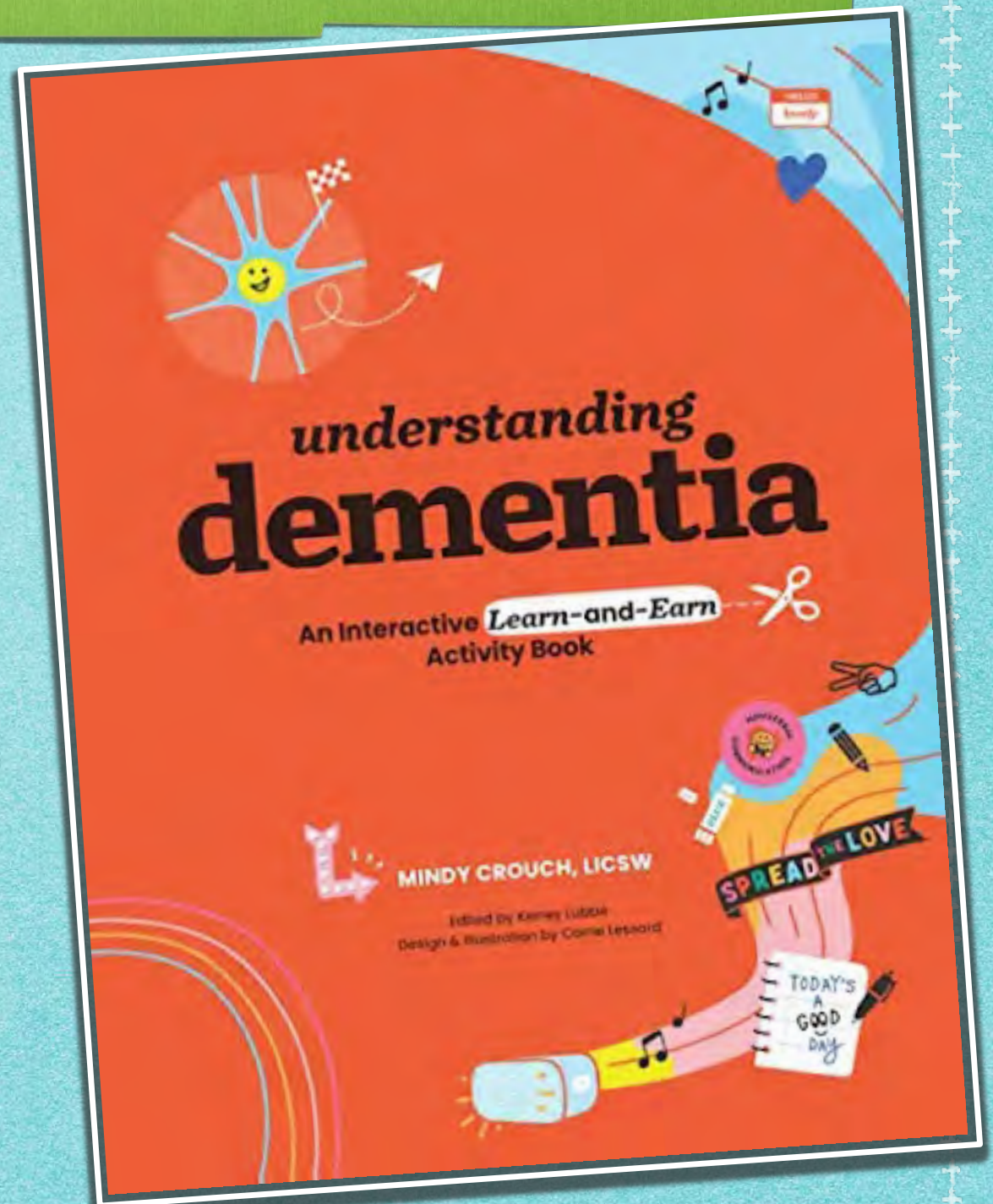
Disclaimers

Please keep these in mind for this presentation:

- Not Everyone Caregives for a Loved One with Dementia
- This is Not All Inclusive, There are Exceptions
- References to Children
- Feel Free to Interrupt with Questions

Understanding Dementia

- Tips and Activities to Help Caregivers Through Their Day
- Written for Children but Great for Caregivers



Memory Capsule

- Preserving the Loved One
- Keep the Relationship

CHAPTER 11
SECTION 1
100 PAGES
BAGGAGE

the
memory
capsule

When someone has dementia, they will start to forget things. As time goes on, they will forget more and more, and their personality will change.

So it's important you remember who they were before dementia.

A good way to do that is to write it down. That way, you'll never forget how much love you two shared. And you can look at it whenever you want to remember the good times.

RECORD YOUR MEMORIES NOW
so you'll have them forever.

Fill in the blanks!

HELLO, MY *loved one's*
NAME IS

BIRTHDAY - -

RELATION (check one)
☐ Grandpa ☐ Grandma ☐ Friend
☐ Dad ☐ Mom ☐ Family Member

The three words that best describe _____ are
_____, _____ and _____.

When it's nice outside, we both like to _____.

And on rainy days, _____ loves to _____.

Sometimes we watch movies, like _____ and _____.

But our favorite things to do together are
_____ and _____.

When I think about _____, it makes me feel _____.

next

What is something _____ always says?

What is one thing _____ has taught you?

What do you do that makes _____ smile?

What does _____ do that makes you smile?

If you want, you can also *make a photo album* and fill it with pictures and even more memories. It's another great way to remember your loved one before dementia.

High five!

DRAW A PICTURE OF YOUR FAVORITE MEMORY OF THE TWO OF YOU

ARTIST
DATE
MEMORY

Now that you've finished filling out your Memory Capsule, you can apply your first badge.
Then move onto the next chapter!

But What is Dementia?

- Umbrella Statement
- Puppet Master
- Normal on the Outside

For all types of dementia, at all stages of the disease, your loved one's behavior will change in many ways. And knowing the science behind it can help you better understand why.

Let's explore how the brain works ...

Our brains are filled with neurons that send messages to the rest of the body. They're what help you think and:



HEALTHY NEURONS

When you have healthy, functioning neurons, all of these things are relatively easy.

But, when someone has dementia, their neurons don't work properly. And that can cause them to forget how to do even the most basic skills. Which can be quite scary and frustrating – for them and for you.

Think of it like a broken bone ...

If you were to break your leg, it wouldn't function like normal, right? You'd struggle to walk, you couldn't play sports, you'd need more rest.

For someone with dementia, it's like **their brain is broken**. But, unlike your leg, which will heal, their brain continues to break. Instead, dementia will continue to cause them to change their behavior more and more.

This kind of change can be hard to accept. But, now that you have the basic knowledge, you can start collecting those tools needed to help you handle this change.

And with that, you've earned your **What is Dementia** badge. Cut it, glue it, apply it and continue on.

Time for the next chapter!

Two down!

Fill in the blanks!

What type of dementia does _____ have?

NAME

☐ Alzheimer's Disease ☐ Vascular Dementia ☐ Lewy Body Dementia ☐ Frontotemporal Dementia

OR OTHER NAME? _____

There are three stages of dementia – **early**, **middle** and **final**. And though it progresses at a different pace for everyone, the **COMMON SYMPTOMS** include:



As time goes on, you will likely notice more symptoms, but this doesn't change who they are inside.

They're still the person you've always known and loved.

next

Emotions

- Concrete vs Complex
- Emotions Usually Equal Pain
- Triggers
- Same as Small Children

WASH STATE
HEALTH
CUTTING-EDGE
ADVANCE

feelings and emotions

Oftentimes, to better understand how someone is feeling, it's necessary for us to put ourselves in their shoes.

So think ...

When was the last time you felt: Fill out!

sad _____

angry _____

scared _____

happy _____

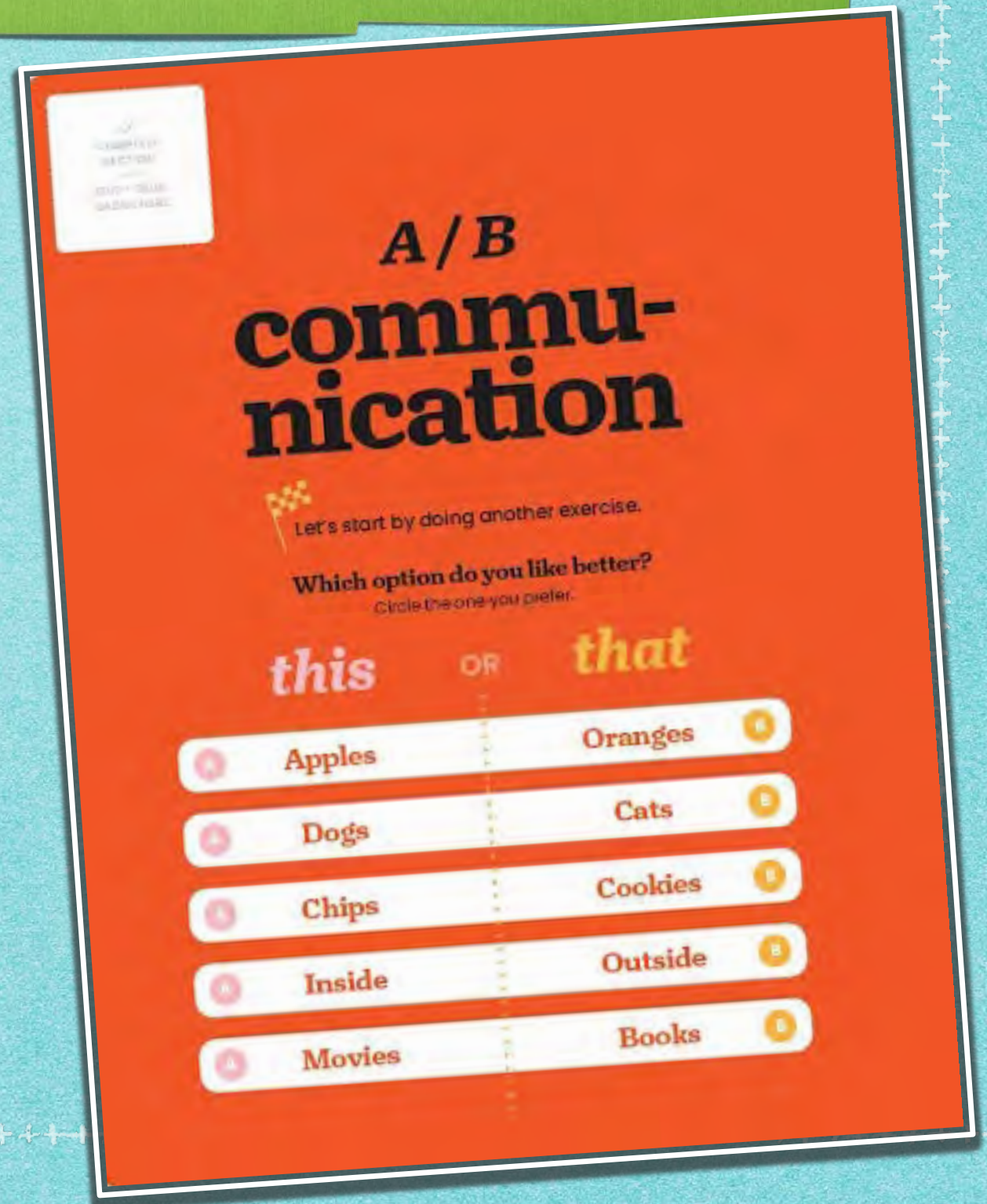
Memory is Like a Flower

*Think of your brain
like a flower*



A/B Communication

- Help Maintain Control
- Give Choices
- Elder Speak



Non-Verbal Communication

- Presence and Approach

✓
COMPLETE
SECTION
CUT + GLUE
BADGE HERE

nonverbal commu- nication

As this disease progresses, someone with dementia will have a difficult time finding the correct words to say.

To help avoid frustration, **here are some ways you can communicate** when it's no longer easy to have a verbal conversation with them.

Turn to Physical Touch
Everyone is different, but here are some examples of how you can **show your love without speaking**.

give a hug

rub their shoulders

hold their hand

pat them on the back

smile at them

HELPFUL TIP
It's best to always approach them from the front, get down on their level and make eye contact.

Leave a Note
Another great way to communicate is through written notes. These can be friendly, positive affirmations like, "I love you!" and "You've got this!"

Now it's your turn ...

What could you share with ? NAME Fill out!

Next, take the time to write these affirmations on Post-Its or pieces of paper and leave them around the house for to find. NAME

Then collect your **Nonverbal Communication badge** and **check out the next chapter**.

High five!

Music and More

- Quality NOT Quantity
- Do Not Start New Activities
- Enjoyment

COMPLETE SECTION
CUT + GLUE
BADGE HERE

mood-changing music

Music can be very powerful.

Certain songs can evoke feelings of joy and pleasant memories. Which is why singing and listening to music may be used to help dementia patients recall memories and create a positive change in their mood. Plus, it's something enjoyable you two can do together.

But keep in mind two very important tips:

- ✓ **Stick to music they already know and love.**
Rather than playing new music you think they'd like, play familiar songs that trigger happy memories.
- ✓ **Make sure the music is not too loud.**
Even if it's a song they love, if the volume is up too high, it could trigger a negative reaction.

Create a Playlist
As always, the best approach is to have a plan.

Jot down some of their favorite songs so you have a playlist ready the next time they need cheering up.

Songs that make them smile:
1 and 2

Songs they like to dance to:
3 and 4

Songs they like to sing:
5 and 6

Songs that make them feel calm:
7 and 8

Favorite era of music:
9 and 10

NAME _____'s PLAYLIST

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____
- ⑥ _____
- ⑦ _____
- ⑧ _____
- ⑨ _____
- ⑩ _____

Now that you've got a playlist ready to go, you've earned your **Mood-changing Music badge**. *Next chapter please!*

Rock on!

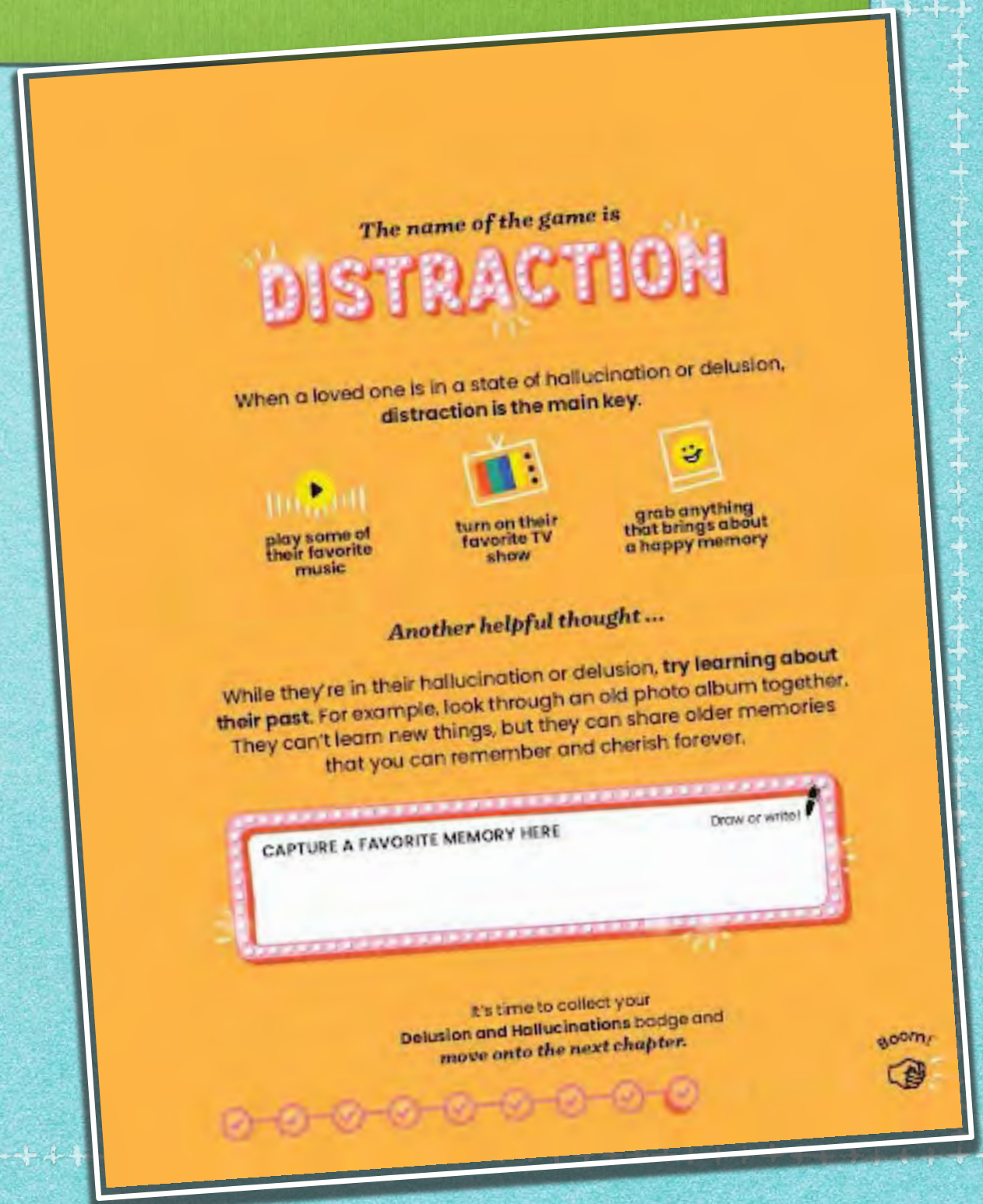
Activities

- Dementia Friendly
- Feeling Useful/Purposeful/Needed



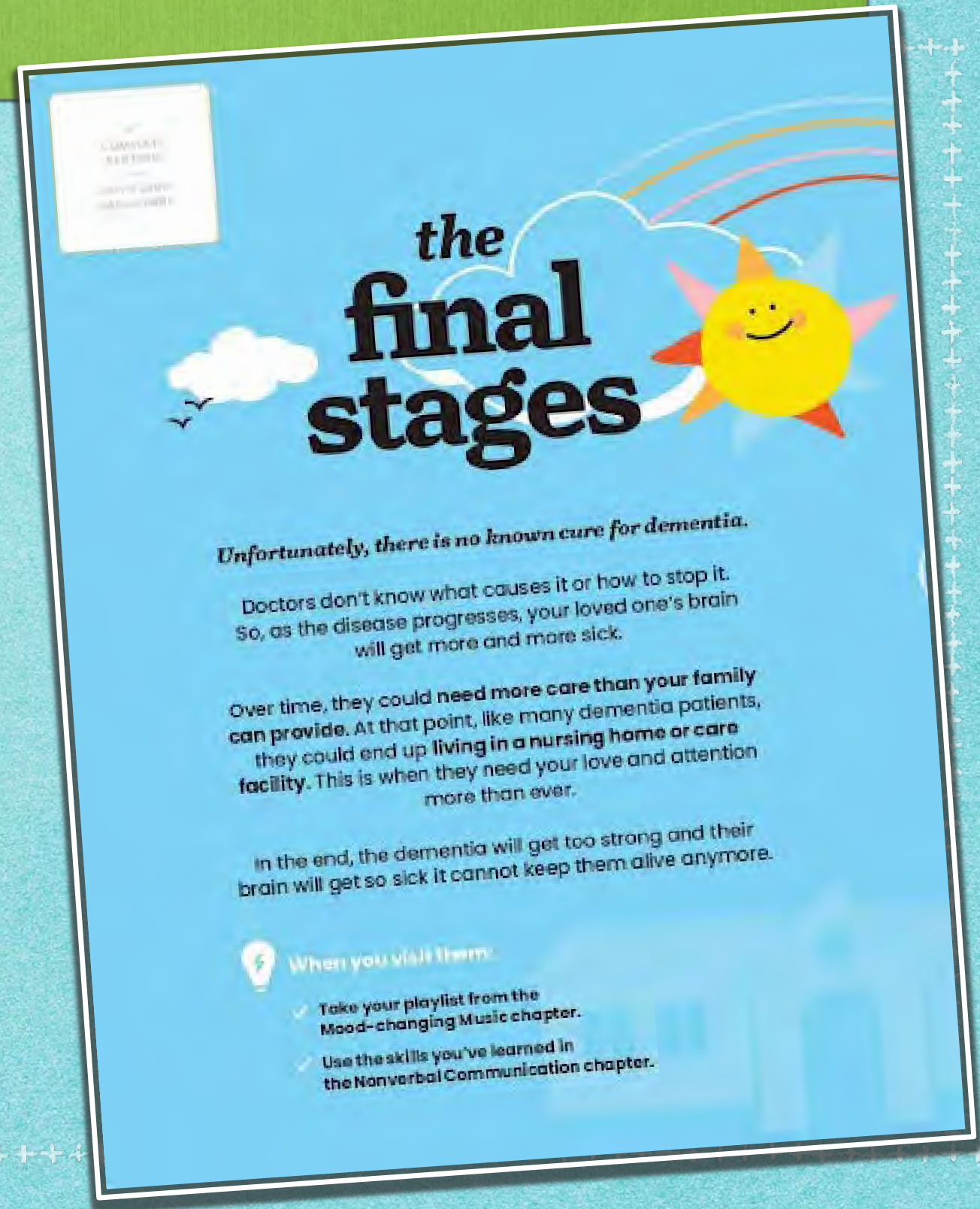
Hallucinations and Delusions

- Hallucination-Seeing or Hearing Things that are not there
- Delusions- Distortion of Reality
- Play Pretend
- Lying and Manipulate



Final Stages

- Dying Twice
- Different Grievs
 - Life Grieving
 - Relationship



Taking Care of You

- Burn Out
- Child-Rearing Similarities
- Take a Break
- Hobbies and Interests
- Ask for Help
- Eat/Sleep/Exercise
- Journal, Deep Breathing, Positive Self Talk

1 REPEAT THIS BREATHING EXERCISE

 Breathe in for 5 seconds

 Hold for 5 seconds

 Exhale for 5 seconds

TAKE A BREATH Repeating breathing exercises like this allow you to better control your emotions.

2 REPEAT THIS AFFIRMATION

IT'S NOT MY FAULT
IT'S NOT THEIR FAULT
DEMENTIA IS TO BLAME
I DID MY BEST

SPEAK UP Saying affirmations out loud, rather than just in your head, can help you better control your thoughts.

next 

Questions?

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