

### Putting It Into Practice - Dressing

How could Lucy have changed her approach to help Helen remain independent with dressing by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

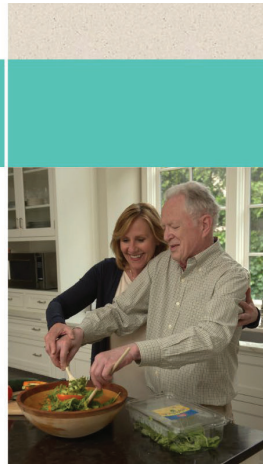
Create the right environment

- ☐ 1. Lucy makes sure to close the bedroom curtains when Helen is getting dressed so she has privacy.
- ☐ 2. Lucy turns on the TV and watches the news when she dresses Helen.

## Eating

### 1 Plan your approach

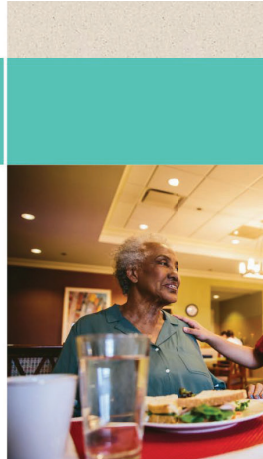
- Think about what foods the person likes and how they like them cooked.
- Be flexible with meal times. If the person is upset or refuses to eat, wait and offer them food when they are ready.
- Look for ways to include the person in making the meal, setting the table or filling their own plate.



## Eating

### 2 Simplify the process

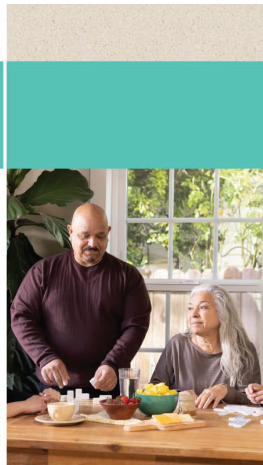
- Offer only a couple of food choices. Give the person time to choose.
- Encourage them with simple instructions.
- Sit next to the person. Make eye contact and talk while you help them.
- Make food easy to pick up or offer special forks, knives and spoons that are easier to use.



## Eating

### 3 Create the right environment

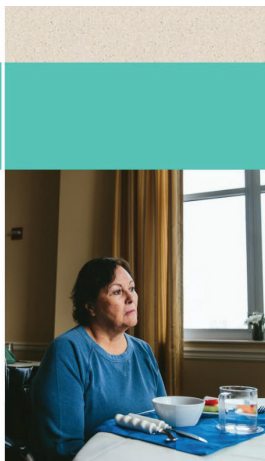
- Make a quiet and comfortable atmosphere. Limit distractions.
- If you play music, be sure it is soft and relaxing. Keep the volume low.
- Make sure there is good lighting in the dining area so the food is easy to see.



## Eating

### 4 Identify health issues

- Watch for any changes in the person's ability to chew or swallow.
- If dentures are worn, make sure they fit correctly.
- Watch for mouth sores, swollen gums or loose teeth.
- Tell your doctor if the person does not seem to be eating or drinking.



Hear from a  
Caregiver

### Putting It Into Practice - Eating

Lee is living with Parkinson's disease dementia. He lives with his daughter, Naomi, and her two kids, and is usually independent in preparing and eating his favorite breakfast, toast with butter. The house is usually very noisy in the morning as the kids prepare to go to school. Naomi notices that Lee is experiencing more tremors with his hands, is having more difficulty using the knife to butter his toast and keeps dropping the toast when trying to feed himself. He starts staying in his bedroom instead of having breakfast with the family. One morning, Naomi sits Lee at the table with the kids and starts feeding him his breakfast.



### Putting It Into Practice - Eating

How could Naomi change her approach to help Lee remain independent with eating breakfast by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Naomi asks Lee if she can help by buttering the toast for him.
- ☐ 2. Naomi keeps reminding Lee it's morning and it's time to eat his breakfast.

### Putting It Into Practice - Eating

How could Naomi change her approach to help Lee remain independent with eating breakfast by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

**Simplify the process**

Create the right environment

Identify health issues

- ☐ 1. Naomi puts jelly on the toast hoping that this will make Lee want to eat.
- ☐ 2. Naomi cuts Lee's toast into small pieces so it's easier for him to pick up the food and feed himself.

### Putting It Into Practice - Eating

How could Naomi change her approach to help Lee remain independent with eating breakfast by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

**Create the right environment**

Identify health issues

- ☐ 1. Naomi offers Lee breakfast after the kids go to school when there is less noise in the house.
- ☐ 2. Naomi has Lee eat breakfast in his bedroom while the kids eat in the kitchen.

## Putting It Into Practice - Eating

How could Naomi change her approach to help Lee remain independent with eating breakfast by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

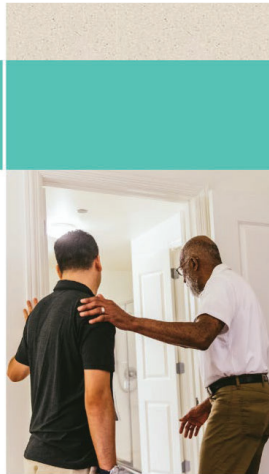
Identify health issues

- ☐ 1. Naomi calls Lee's doctor to let him know about the increase in hand tremors and change in Lee's eating habits.
- ☐ 2. Lee looks fine, so Naomi doesn't look for any health issues.

## Using the toilet

### 1 Plan your approach

- Remind the person to use the bathroom every few hours.
- Consider when accidents could happen and how you can avoid them.
- Watch for body language that tells you the person may need to use the bathroom. Then, encourage them to go.
- Think about using protective underwear or pads.



## Using the toilet

### 2 Simplify the process

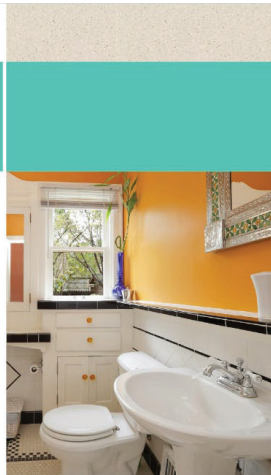
- Be sure clothing is easy to take off.
- Make sure the toilet seat is in the right position.
- If the person is having trouble, think about using a portable bedside toilet or a raised toilet seat.



## Using the toilet

### 3 Create the right environment

- Make sure the bathroom is easy for the person to find and use.
- Find ways to keep the space private. This helps the person feel safe.

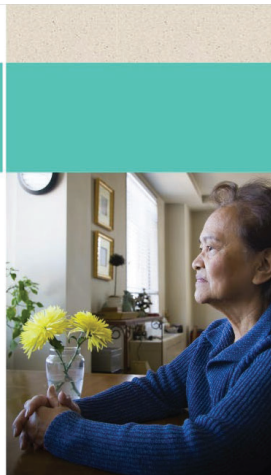




## Using the toilet

### 4 Identify health issues

- Determine if the person has bowel or bladder problems such as constipation or incontinence.
- Talk with a doctor if the person is having bowel or bladder issues.



Hear from a  
Caregiver



### Putting It Into Practice – Using the toilet

Bob is living with dementia. Until recently, he has been able to go to the bathroom by himself without any issues. He starts having difficulty finding the bathroom and unbuttoning his pants in time. One day, while doing laundry, his wife, Kathy, notices Bob's pants are wet with urine. She immediately goes to the store to buy incontinence briefs. She removes Bob's underwear from his dresser and tells him he has to wear the briefs from now on.



### Putting It Into Practice – Using the toilet

How could Kathy change her approach to help Bob remain independent with using the toilet by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Kathy reminds Bob to go to the bathroom every two hours to help reduce accidents.
- ☐ 2. Kathy buys more pants because Bob is having so many accidents.

### Putting It Into Practice – Using the toilet

How could Kathy change her approach to help Bob remain independent with using the toilet by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

**Simplify the process**

Create the right environment

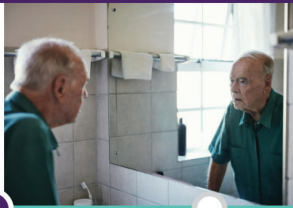
Identify health issues

- ☐ 1. Kathy goes to the bathroom with Bob so she can pull his pants up and down for him.
- ☐ 2. Kathy buys pants without zippers or buttons so Bob can easily pull his pants up and down by himself.

### Putting It Into Practice – Using the toilet

How could Kathy change her approach to help Bob remain independent with using the toilet by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

**Create the right environment**

Identify health issues

- ☐ 1. Kathy puts a sign on every bathroom door so that Bob can easily find it.
- ☐ 2. Kathy keeps the bathroom door closed at all times.

### Putting It Into Practice – Using the toilet

How could Kathy change her approach to help Bob remain independent with using the toilet by providing just the right amount of support?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Worried he might have a urinary tract infection (UTI), Kathy calls Bob's doctor to tell him about his new bladder issue.
- ☐ 2. Kathy continues to buy incontinence briefs for Bob to wear.

## Bathing

### 1 Plan your approach

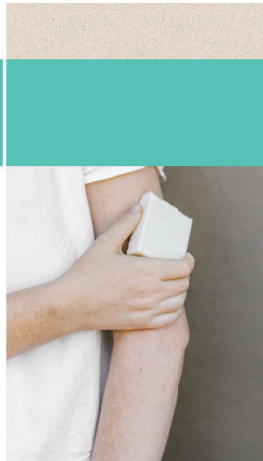
- Does the person prefer taking a bath or shower?
- Consider their usual routine.
- Allow enough time for bathing.



## Bathing

### 2 Simplify the process

- Use words and actions to show the person how to wash their body.
- Encourage independence, but provide help when it's needed.
- Focus on cleaning one body part at a time.
- Do not rush.



## Bathing

### 3 Create the right environment

- Provide a quiet, relaxing and warm space.
- Respect the person's privacy.
- Help them feel safe.
- Make sure the room temperature is not too cold.

