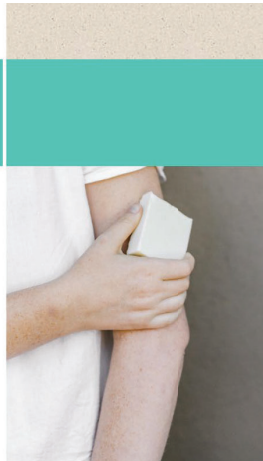


Bathing

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.



Bathing

4 Identify health issues

- Consider the person's physical or medical issues. Some may affect the bathing process.
- Find out if the person has any pain or trouble moving around.



Putting It Into Practice – Bathing

Barbara is living with frontotemporal dementia (FTD) and her husband, Joe, recently made the difficult decision to move her into a nursing home. She is in a wheelchair, has trouble communicating and has always been very modest. When she lived at home, Joe would help her shower in the morning when she was more alert and relaxed. She always preferred to wash her face and arms with a washcloth. While visiting Barbara, Joe learns that she got upset with the staff and resisted taking a bath the night before and would not let them wash her.



Putting It Into Practice – Bathing

It's important for the staff to provide just the right amount of support so that Barbara can remain independent with bathing. What could Joe do to help?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Joe suggests that the staff offer Barbara a shower in the morning as this was her routine at home and when she was most relaxed and alert.
- ☐ 2. Joe agrees that the staff should keep trying to give Barbara a bath, as she will eventually have to agree.

Putting It Into Practice – Bathing

It's important for the staff to provide just the right amount of support so that Barbara can remain independent with bathing. What could Joe do to help?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Joe recommends that the staff quickly wash Barbara to shorten the amount of time she is upset.
- ☐ 2. Joe shows the staff how he would put soap on a washcloth and then give Barbara verbal cues on how to wash her face and arms.

Putting It Into Practice – Bathing

It's important for the staff to provide just the right amount of support so that Barbara can remain independent with bathing. What could Joe do to help?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Joe suggests that the staff quickly wheel Barbara from her room to the shower room after they get her ready for a shower.
- ☐ 2. Joe asks the staff if they can get Barbara ready for her shower in the shower room where it is quiet and warm instead of her bedroom which is down the hall.

Putting It Into Practice – Bathing

It's important for the staff to provide just the right amount of support so that Barbara can remain independent with bathing. What could Joe do to help?

Select the best answer for each step:



Plan your approach

Simplify the process

Create the right environment

Identify health issues

- ☐ 1. Joe asks the nurse if Barbara has had any changes in medication or has any new health concerns.
- ☐ 2. Joe assumes the staff will let him know if there are any changes with Barbara's health.

Taking Part in Meaningful Activities



Taking Part in
Meaningful Activities



Staying Independent and Taking Part in Daily Life

Think about the person's skills and abilities.

- Do activities the person is good at and has always enjoyed.
- You may need to make changes in activities to match what the person can do.

Staying Independent and Taking Part in Daily Life



Pay attention to what the person likes and doesn't like.

- Take note when the person seems happy, anxious, bothered or irritated.
- For example, some people enjoy watching sports while others may not like the fast pace or noise.

Help start the activity.

- For example, fold the first towel or dry the first dish.
- Talk through the steps as you do them.
- Most people living with dementia can still do things with just the right amount of support.

Staying Independent and Taking Part in Daily Life



Focus on doing the activity, not the result.

- It is not important if something is done right.
- What matters is that the person feels useful and you're spending time together.

Break activities into easy-to-follow steps.

- Keep it simple. Focus on one task at a time.
- Too many directions can be overwhelming.
- Offer help if the person is having trouble with something.

Staying Independent and Taking Part in Daily Life



Talk to the person.

- Describe what you are doing while you are cleaning the house, folding laundry or cooking.

Try again later.

- If something is not working, it may be the wrong time of day or the activity might be too hard for the person in that moment.
- You may need to make changes to the activity or try it again at another time.



The Right Amount of Support



The Right Amount of Support

Find a balance.

- Too little support can make people frustrated and give up.
- Too much support can make the person not want to participate.
- Person-centered care can help you give “just enough” support.

The Right Amount of Support



Tips for providing “just enough” support:

- Consider what you know about the person.
- Ask the person how they would like to be helped.
- Change how you do activities.
- Start small.
- Organize the environment.
- Pay attention to how things are going. Make changes when needed.



Take-Home Activity

Take-Home Activity

Providing the Right Amount of Support

Providing the Right Amount of Support

Each person living with dementia is unique, with different strengths and abilities. Dementia also affects people in different ways. Each person's level of independence will vary and change over time. As a caregiver, you can help the person stay as independent as possible by providing just the right amount of support.

Read Clara's story below. You will notice how Clara's daughter, Emily, helped her stay independent by offering just the right amount of support.

Clara is 82 years old and living with Alzheimer's disease. She worked in a department store for many years and was always good at putting together beautiful outfits. She now lives with her daughter, Emily, where she has her own room with a closet for her clothes and accessories. Each morning after breakfast, Clara goes to her room, picks out matching clothes to wear and comes downstairs fully dressed.

One morning, Emily notices that Clara has been in her room longer than usual. When Emily checks on her, she sees that Clara is having trouble buttoning her shirt and her clothes don't match. Emily doesn't say anything about Clara's outfit choice. She buttons Clara's shirt up for her without asking if Clara needs help. Clara becomes angry.

Balancing Safety and Independence



Balancing Safety
and Independence

Knowledge Check

You only need to worry about safety in the late stage of the disease.



True



False



Balancing Safety and Independence



- Staying independent can be very important to people living with dementia.
- As the disease progresses, it gets harder to balance safety with independence.
- Put safety measures in place before an accident happens.



How Dementia Affects Safety



Alzheimer's disease causes a number of changes in the brain and body. These changes might affect safety. Here are some examples.



Judgment

Forgetting how to safely use appliances, like the stove.

How Dementia Affects Safety



Alzheimer's disease causes a number of changes in the brain and body. These changes might affect safety. Here are some examples.



Sense of time and place

Getting lost in familiar places or wandering.

How Dementia Affects Safety



Alzheimer's disease causes a number of changes in the brain and body. These changes might affect safety. Here are some examples.



Behavior

Becoming easily anxious, confused or afraid. They might not trust other people.

How Dementia Affects Safety



Alzheimer's disease causes a number of changes in the brain and body. These changes might affect safety. Here are some examples.



Physical ability

Having trouble with balance. This can increase their risk for falls.

How Dementia Affects Safety



Alzheimer's disease causes a number of changes in the brain and body. These changes might affect safety. Here are some examples.



Senses

Experiencing changes in vision or hearing and sensitivity to temperatures. They might have trouble with depth perception and find it difficult to judge where objects are around them.



Tips to Help the Person Stay Independent and Safe



Home safety

- Keep an eye on garages, work rooms, basements and outside areas. Make sure tools, chemicals, cleaning supplies and other dangerous items are safely secured.
- Look at the Alzheimer's Association Home Safety Checklist (alz.org/checklist) for more tips.



Tips to Help the Person Stay Independent and Safe



Driving safety

- Someday, the person living with dementia will no longer be able to drive. Discuss how retirement from driving will be handled before it becomes an issue.
- Explore other transportation options.
- Visit alz.org/driving to learn how to make a plan to stop driving.



Tips to Help the Person Stay Independent and Safe



Firearm (gun) safety

- Firearms can be dangerous for everyone when someone in the home is living with dementia. Consider removing guns and other weapons from the home or storing them in a locked cabinet.
- Invite trusted relatives, hunting buddies or other authority figures to take part in a discussion about firearms.
- Visit alz.org/safety to learn more about firearm safety.



Tips to Help the Person Stay Independent and Safe



Getting around safely

- Look for places where people might trip or fall in the home or yard.
- Make sure the person takes a fully charged phone or GPS with them when they go for a walk.
- Tell neighbors that the person is living with dementia. They can help if the person seems lost or confused.
- Enroll the person in a medical identification program.

Manage Your Expectations



Manage Your Expectations



Manage Expectations

- Ask yourself what really matters.
- Have words you can repeat to yourself to help you focus on what's important.

"Let it go."








"If it's not done right, so what?"

"Go with the flow."

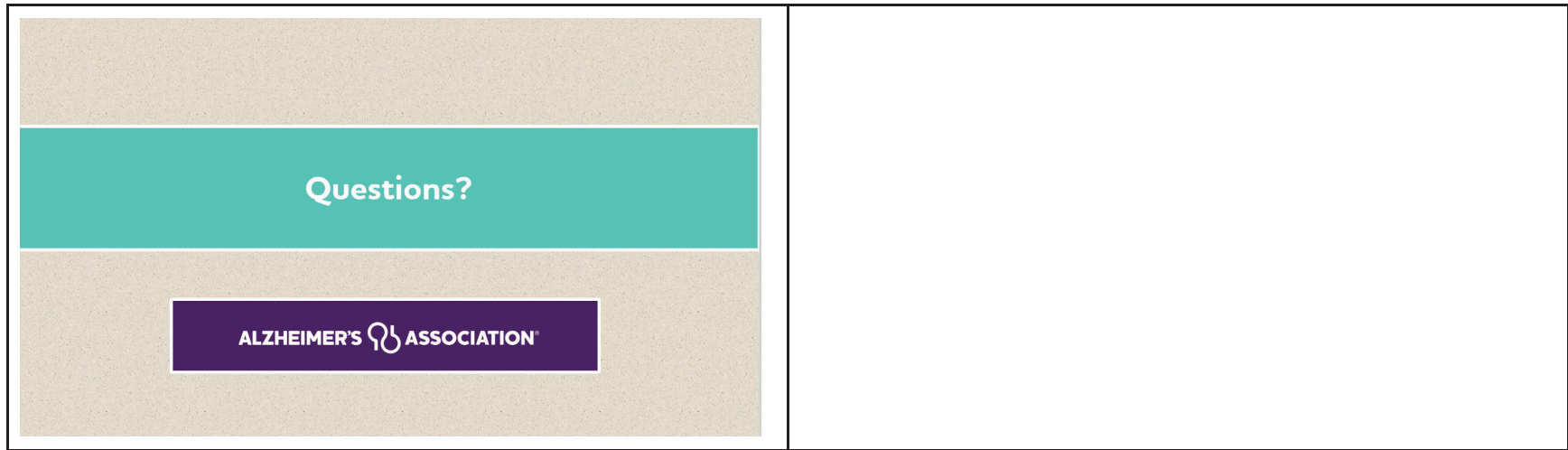


Alzheimer's Association Resources



 Alzheimer's Association Resources and Support	
 <p>24/7 Helpline (800.272.3900)</p>	 <p>Local Resources</p> <ul style="list-style-type: none"> • Find your chapter (alz.org/findus) • Support groups • Alzheimer's Association & AARP Community Resource Finder (alz.org/crf)
 <p>Online (alz.org)</p> <ul style="list-style-type: none"> • alz.org/care • alz.org/safety • alz.org/driving 	<div>  <p>ALZConnected® (alz.org/alzconnected)</p> </div> <div>  <p>ALZNavigator™ (alz.org/alznavigator)</p> </div>
	 <p>Education Programs (alz.org/education)</p> <ul style="list-style-type: none"> • In-person, online and virtual

Questions/Closing



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