



CareChooser.com
Dementia Specialists

www.carechooser.com

DEMENTIA: BEST PRACTISE

Find out the best ways to manage dementia.

THE SUCCESSFUL
APPROACH THAT WORKS

Our founder Christopher is volunteers for and leads talks for the Alzheimer's Society.

Dementia is an **inconsistent** disease.
It must be fought with **consistency**.

All talk of dementia is **negative**.
It must be fought with **positivity**.

By its nature dementia is a very inconsistent disease, it absolutely must be fought with consistency. Keep as much as possible consistent as you can. Times, days, visits, people, locations. Flexibility is absolute fine, life is not rigid but in the whole consistency wins.

All talk around dementia is very negative. With cancer it's much more uplifting, we fight cancer. We continue to live well with it. You CAN live well with dementia.

A common problem is a person living with dementia may keep saying things that aren't true. Making things up, going back in time, etc...

It's best practise to go along with what they say. Say "Yes, yes..." and then move on. It doesn't help to correct and address what they say. It causes more confusion and can cause grief. Agree and move on.

Behaviour

The thing with behaviour is that it works. We must make it not work and also must make sure there is no attention after it other wise it will continue over and over again.

How?

Practise a low level emotional response. This is difficult, just practise. Have a boring face and boring voice when there is challenging behaviour. Make the behaviour really boring.

If you need further advice and support on behaviour CareChooser's founder Christopher's specialist subject is behaviour.

Problem solve

Problems will occur. We need to fight them with positivity and solutions. Problem solve each problem that comes up. We can help with that. We also have an experienced GP with over 30 years' experience on our team who is available to support families and carers with innovative ideas.

Communication

Adjust communication slightly. Give one instruction at a time.

Wrong way:

“Go and get the red coat, put it on and then let's go out and don't forget to lock the door.”

Correct way:

“Get the red coat.”

“Put the coat on.”

“Lock the door.”

“Let’s go out.”

This is known as chunking. Chunking sentences into shorter sentences.

One instruction or small sentence at a time to avoid confusion.

Also minimise distractions when talking.

Sleep

Keep the person living with dementia as active as possible during the day and keep sleep to a minimum during the day so they are tired at night.

Keep interaction very low key during the night. Talk in single words. Don’t engage in conversations.

Emotional responses also need to be really low key at night.

Use simple repetition. "Time for sleep,"

"Time for sleep,"

"Time for sleep,"

Unless there is a specific medical reason change the times not the amount of drinks.

Give MORE water during the day time and then after a certain point, trial 5 or 6 pm give no more drinks. This may result in a lower need for the toilet during night times.

Increase drinks and toilet visits in the day in order to reduce during the evening and night.

When you're ready for some help and support give us a call on 07792939454 or drop a message at hello@carechooser.com

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