

## Family Caregiver Education Series



Living with Dementia:  
Managing DailyCare  
February 9, 2023 • 10:00 a.m.

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## Session Agenda

- Stages of Dementia:  
Teepa Snow's Gems™ State Model
- The Positive Approach to Care®  
(Person-centered Care)
- Planning for Daily Care
- Creating Meaningful Activities
- Questions





## Dementia care in general . . .

- Each journey and timeline is unique
- However, there are similarities:
  - Progression of independence to total dependence
  - Role of caregiver evolves with each change; increasing responsibility for care
  - Stress level increases
  - Getting help is essential. One person can't provide all of the care all of the time
  - Those who receive loving support can maintain a good quality of life and sense of well-being



## GEMS™ State Model

- Teepa Snow, M.S., Occupational Therapist; renowned dementia specialist
- Person-Centered Care
- Focus on what remains possible
- Six "Gems" levels
- Levels may fluctuate daily


*See handout on Hope website*





## Person-Centered Care Responses

- Always check for pain; ensure that basic needs are met (toileting, hunger, thirst, sleep, human contact)
- Limit explanations; keep instructions simple; limit choices
- Use both verbal and non-verbal cues
- Respond to feelings, not words
- Join in their reality; avoid reason and logic
- Do not rush; don't force your own agenda
- Be person-centered rather than task-oriented

## Positive Physical Approach

- Approach slowly from front
- Use first or preferred name
- Introduce yourself every time
- Try to stay at eye level, ideally on person's dominant side
- Offer your hand, palm up



Source: Teepa Snow, Positive Approach to Care®





## Positive Personal Connection

- Greet
- Compliment
- Share
- Notice
- Explore possible unmet needs

Source: Teepa Snow, Positive Approach to Care®




## Positive Action Starters

- Avoid yes/no questions
- Offer specific options
- Help: *I could really use your help*
- Try: *At least give it a try*
- Keep it short and simple
- Take a step-by-step approach

Source: Teepa Snow, Positive Approach to Care®





## Purpose of Activities

- Encourage self-expression
- Promote engagement in life
- Create an emotional connection
- Stir memories
- Reduce anxiety, especially sundowning
- The “just right” challenge



## Meaningful Activities



Category	Description	Examples
<b>Productive</b>	Activities that make one feel valued, productive, and appreciated for skills and abilities; sense of purpose.	Tasks related to previous occupation, work, hobbies, and/or interests. Helping others.
<b>Personal Care</b>	Activities that keep the body and home functioning, neat, and clean. Promotes feeling of independence.	Eating, bathing, dressing, grooming; shopping, food prep, household chores; exercising.
<b>Pleasure</b>	Activities one finds enjoyable – either alone or with others.	Socializing; singing, dancing, walking, gardening, reading, cards or games, puzzles; arts and crafts; going to movies, museums.
<b>Power-up</b>	Activities that help one to re-energize, relax, find inner peace; promote overall well-being.	Sleeping, napping; praying, listening to music, quiet time with another; strolling; petting animals, watching birds or fish.



## Considerations

- Capabilities: Cognitive and physical
- Level of independence
- Structure; routine (including regular bedtime and awake time)
- Attention span
- Interests, likes and dislikes
- Social skills: Extrovert or Introvert?
- Triggers for dementia-related behaviors
- Care partner's capabilities



## Adjusting the Environment

- Organize and simplify
  - Have favorite activities readily accessible
  - Use whiteboard or calendar for reminders
  - Arrange closets, drawers, pantry, bathroom for easy access
  - Limit choices
- Reduce stimulation
  - Minimize shadows, glare, reflections and shine
  - Eliminate unnecessary noise; remove/reduce clutter
  - Limit visitors

[www.nia.nih.gov/health/alzheimers/caregiving](http://www.nia.nih.gov/health/alzheimers/caregiving)





## Organizing the Day

- Choose time of day that is best for the person; routines
- Create a flow – build up and then wind down
- Stay positive and calm
- Be flexible:
  - Success of activity can vary from hour to hour; abilities are ever-changing
  - If something doesn't work, try again later
- Focus on the process, not the results
- Choose your priorities; the relationship is more important than the battle
- Advance planning promotes success; allow for spontaneity
- Schedule others to help



## Sample Daily Care Plan



### MORNING

- Hygiene routine
- Prepare, eat breakfast; clean up
- Quiet time: Music, reading, garden, conversation
- Go for a walk or another planned activity
- Quiet time activity

### AFTERNOON

- Lunch; clean-up
- Listen to music; watch a movie
- Productive activity: Family photos; arts or crafts project; folding laundry; food prep for dinner
- Quiet time in the garden; phone call with friend



### EVENING

- Dinner; clean-up
- Begin winding down
- Quiet time activity: puzzle, games
- Nightly hygiene routine
- Read/listen to favorite book
- Bedtime





## When it doesn't work . . .

*Identify the distress and try an apology.*

- **Intent:** *I'm sorry, I was trying to help.*
- **Emotion:** *I'm sorry I made you (angry, sad, upset, etc.)*
- **Intellectual capacity:** *I'm sorry, I had no right to treat you like a child.*
- **Change:** *I'm sorry, this is hard. I hate this for you.*
- **Experience:** *I'm sorry, that should NOT have happened.*

Source: Teepa Snow, Positive Approach to Care®



## Ideas for Meaningful Activities



### ARTS & CRAFTS

- Adult coloring books
- Knitting/sewing projects
- Arrange flowers
- Decorate cookies
- Simple woodworking

### MUSIC

- Listen to music
- Sing
- Play instruments
- Share a musical greeting card

### READ

- Read to person
- Have person read to child
- Listen to audio books
- Browse magazines
- Read spiritual passages

### REMINISCE

- Photo albums/scrapbooks
- Watch family videos
- Look at photos online; access past events
- View old yearbooks

### GAMES

- Card games; sort cards
- Board games; checkers
- Word searches
- Beanbag toss
- Puzzles

### HOUSEHOLD TASKS

- Cook or prepare snacks
- Fold laundry
- Simple yardwork
- Sort magazines, photos
- Dusting

### OUTDOORS

- Short walk or roll
- Sports, as able
- People-watch in the park
- Gardening
- Blow bubbles

### PAMPERING

- Manicures
- Lotion massage for hands
- Take to salon or barber
- Go "virtual" shopping online

### PETS/ANIMALS

- Family pets
- Therapy pets
- Robotic pets
- Watch birds or fish
- Stuffed animals

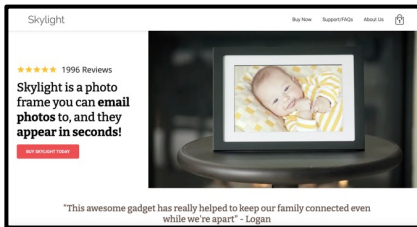




## Companionship Pets



## Skylight Photo Frame



Skylight Frame  
[www.skylightframe.com](http://www.skylightframe.com)

Also available on Amazon.com  
 \$159.00

