

## Dementia Care Issues Addressed During the November 2011 West Virginia/Kentucky/Southern Indiana Tour

Presented by The Edcon Group (Mary Sharp & Rachel Kail) and Sponsored by  
the Alzheimer's Association Greater Kentucky and Southern Indiana Chapter

- Knowing what to say and understanding what the person with dementia is saying
- Avoiding adding to a person's frustrations
- Dealing with sudden anger, tempers or mood changes
- Trying to understand the needs of the person
- Slowing down
- Keeping the person focused
- Feelings of fear and dread
- Having to explain things over and over
- Correcting people (i.e. "That didn't happen...")
- Listening to the **emotional** message
- Feeling guilty about "putting someone in a home"
- Isolation from family and friends
- Managing our own emotional state and feelings
- Conversation (how to start it...how to keep it going...calming someone down)
- How to talk about dementia to a person who has it
- Talking down to a person (unintentionally)
- Patience
- Keeping a person safe from themselves (when the person is at risk for falls)... emotional and physical safety issues
- Using validation therapy rather than reality therapy
- Wishing things different
- Getting enough rest
- Role reversals (caring for someone who once cared for you)
- The suddenness and surprise of the onset of the disease
- Hallucinations (their reality versus our reality) – a clash of two worlds (flipping back and forth in time)
- Interpreting an unfinished sentence... determining what a person wants (working with partial information)
- Not being recognized
- Care of the caregiver
- Frustrations with communication (shared by both parties)
- Taking medicine – when someone hides their medicine or refuses
- Helping a person through the loss of independence
- How to encourage the person with dementia to continue their thought
- Not knowing what to expect
- Other people's reactions to inappropriate responses of my loved one
- The quickness of decline
- As a professional: the struggle of not wanting to offend a family member when they are using an ineffective approach to engage their loved one