Duke Dementia Family Support Program

Caregiver Connections
An Educational Webinar Series With The Experts

The presentation will begin shortly. Thank you for your patience!

dukefamilysupport.org
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Making the Difficult Decisions in Dementia Care: Part 2

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Coping with Behavior Change in Dementia: A Family Caregiver's Guide

Beth Spencer & Laurie White
co-authors of Moving a Relative with Memory Loss
Recap from last week

• Risk tolerance

• Medications

• Driving

• Finances
Personal care
(Activities of Daily Living - ADLs)

- Family involvement & decisions may become problematic as ADL abilities change, e.g.,
  - Bathing & hygiene
  - Food prep & eating
  - Mobility – ability to walk, get around
  - Eventual need for 24 hour supervision
Cognition (thinking abilities) & ADLs

• With progressive dementias, different cognitive areas may become impaired which can affect ability to do ADLs, such as,
  • Sequencing – knowing the order to do things
  • Attention – difficulty focusing
  • Memory
  • Decision-making
  • Comprehension – ability to understand language or follow directions
Safety alone: A few things to consider

- Ability to respond in an emergency
- Handling medications, household cleaners, alcohol, smoking
- Leaving the stove on
- Getting lost
- Opening the door to strangers

A handout with more items and details is available. Also the book, *Moving a Relative with Dementia & Other Transitions* has much more detail.
Moving decisions

Whether to keep relative at home or move to another setting

• No right or perfect answers
• Many living in imperfect situations
• Each family has to find the right solution for them – weighing pros & cons
Moving or not moving

Staying home:
• Not a one person job usually as disease progresses
• Family care
• Paid home care
• Adult day programs
• Home can be isolating
• Caregivers may burn out
• ALWAYS have a backup plan
Moving or not moving

Moving to assisted living, memory care, group home, or continuing care retirement community:

- Cost
- Location
- Quality of care
- Things to look for – checklist in *Moving* book
- Think about timing – early versus later in disease
- Preparing person for a move
Health care & end of life decisions

• Having discussions early
• Talking about hospitalization (or not)
• Palliative care
• Durable powers of attorney (DPOA) or advanced directives
  • “…primary means to protect the values, preferences and goals of the person with dementia.”
  • Dementia-Directive (handout)
Questions
Resources

• Dementiacarebooks.com
• *At the Crossroads* Hartford Foundation
  https://s0.hfdstatic.com/sites/the_hartford/files/at-the-crossroads-2012.pdf
• Dementia-Directive handout
• Safety Alone handout
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Thank you for joining us today!

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