

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

919.660.7510

Making the Difficult Decisions in Dementia Care: Part 2

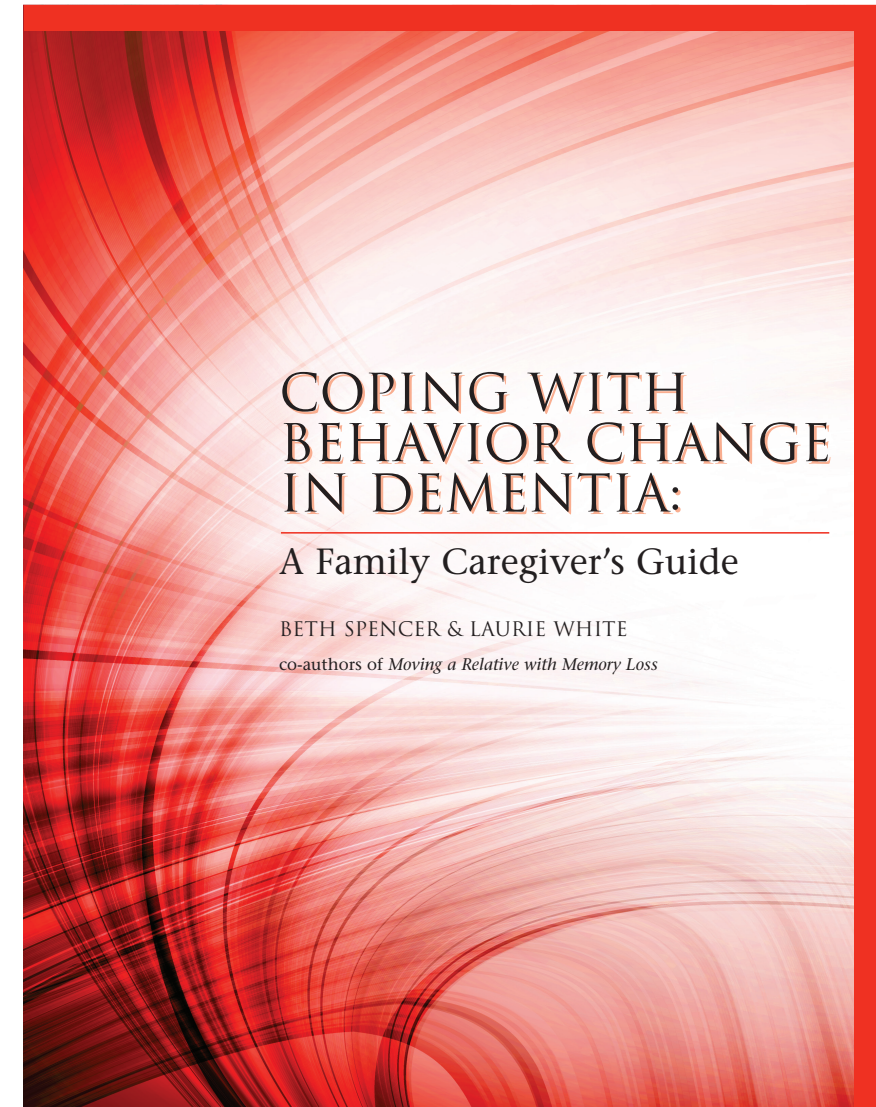
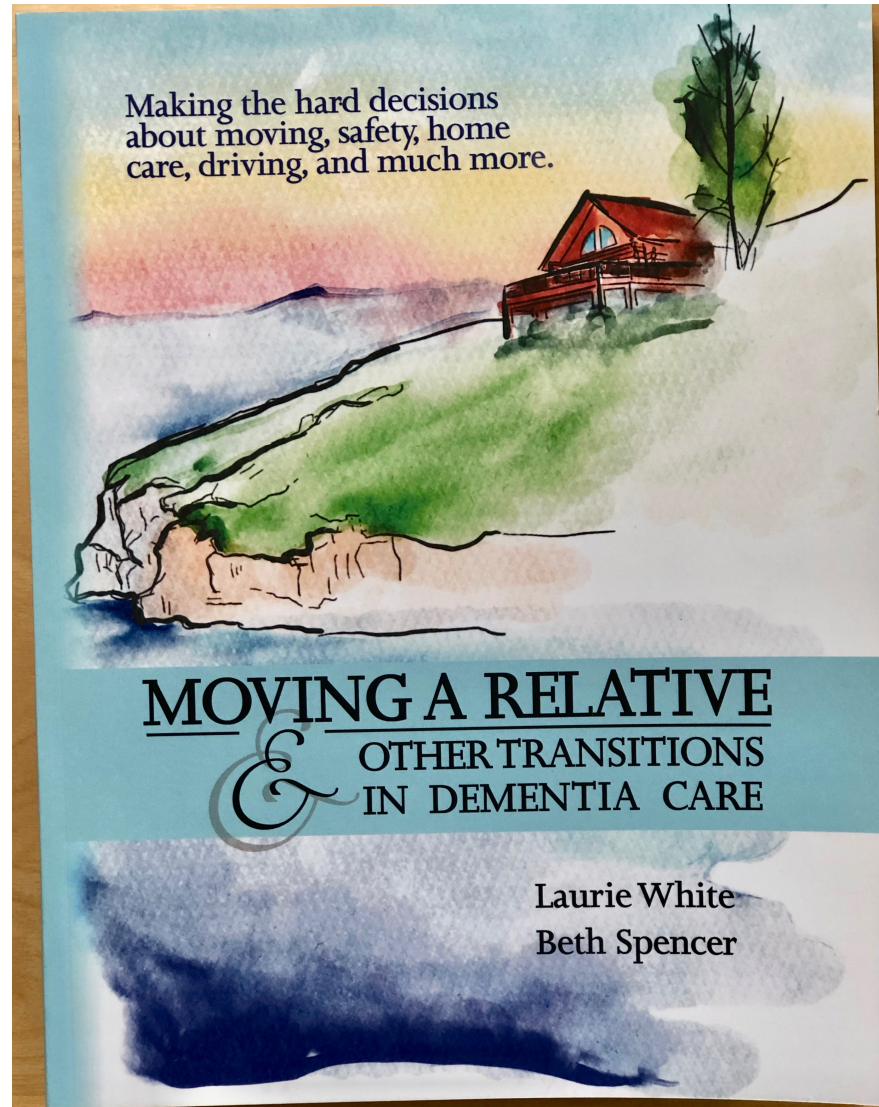
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Duke Dementia Family Support Program

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Dementiacarebooks.com



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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