



Duke Dementia Family Support Program

Caregiver Connections

An Educational Webinar Series with the Experts

The presentation will begin shortly.

dukefamilysupport.org

919-660-7510

Handling the Day-to-Day

Tips to support a person with dementia with daily tasks

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Key Points to Keep in Mind:

1. Sensory Processing is Changing

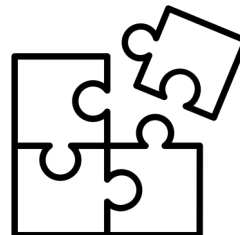
Visual-Spatial Understanding

- Color contrast
- Narrowing of visual fields
- Visual organization / clutter
- Depth perception

Auditory Processing

- Pulling apart layers of sound
 - Which sounds are important, and which are not
- Catching all the words (and their meanings) during a conversation

Key Points to Keep in Mind: 2. Communication is Changing



Show

- Use gestures, demonstrations, or visual aids.
- Try tech reminders - phones, alarms, etc.

Tell

- Use fewer, simple words.
- Break information into small chunks.

Do

- Begin task or activity, working together as needed.
- Use a caddie system - set up for success.

Key Points to Keep in Mind:

3. Actions are Communication

Anger & Hostility

- I'm uncomfortable
- I'm overwhelmed
- I'm 'Hangry'
- I'm mad at my current circumstances

Suspicion & Paranoia

- I'm confused
- I'm scared
- I'm having trouble connecting the dots

Shadowing

- I feel anxious or lost
- I'm scared

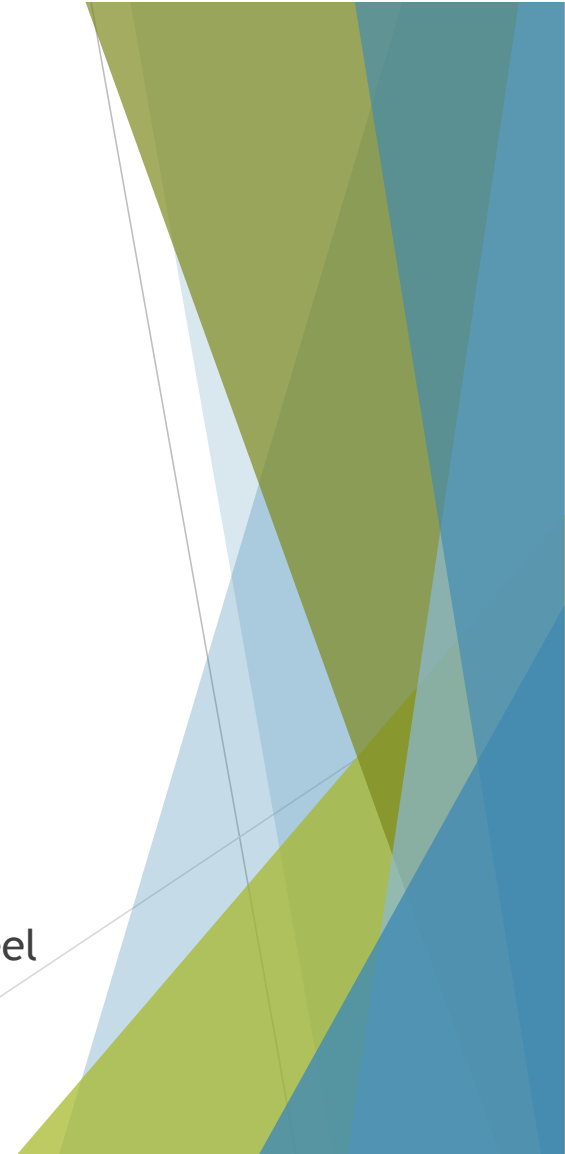
Apathy & Disengagement

- I don't connect with activity around me
- I'm depressed

Key Points to Keep in Mind:

4. Routine is key!

- ▶ Pay attention to current habits & routines
- ▶ Routines help the flow of our day
 - ▶ Streamline energy usage
 - ▶ Help bring separate tasks into a flow
 - ▶ Bring familiarity and pacing
- ▶ Build habits and routines and will support in the future
 - ▶ Use tools BEFORE their necessary
 - ▶ Make aging in place modifications early in the process
 - ▶ Be an active participant in sharing what feels right or doesn't feel right in routine



In the Kitchen

What are the activities and roles in this space?

- Eating
- Cooking
- Social Gathering
- Hosting

What can help?

- Color contrast
- Snack basket
- Open storage for most-used items
- Large print labels
- Seating
- Lighting



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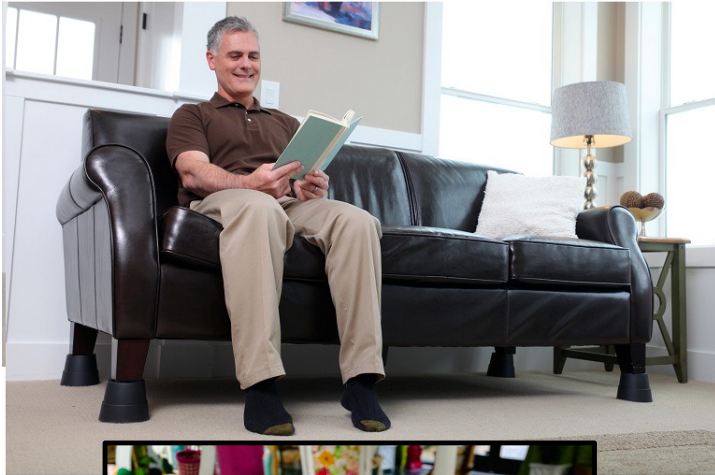
In the Living Room

What are the activities and roles in this space?

- Social Gathering
- Watching TV
- Sleeping
- Hobbies
- Hosting

What can help?

- Seating
- Lighting
- Rug Edges
- Upholstery Patterns
- Simplified TV Tech
- Open Walkways



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In the Bedroom

What are the activities and roles in this space?

- Sleep
- Rest
- Sex
- Dressing
- Partnership

What can help?

- Lighting
 - Night lights
 - Curtains
- Clear walking paths
 - Bathroom access
- Minimal clutter
- Seating



What can help?

- Lighting
 - Night lights
 - Curtains
- Clear walking paths
 - Bathroom access
- Minimal clutter
- Seating

In the Bathroom

What are the activities and roles in this space?

- Bathing
- Toileting
- Dressing
- Personal Hygiene

What can help?

- Color Contrast
- Lighting
- Clear organization, minimal visual clutter
- Medication organization
- Consider a bidet
- Secure handholds
- Non-slip flooring
- Seating



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Entering & Exiting

What are the activities and roles in this space?

- Steps & Stairs
- Transitional Area
- Shoe management
- Coat management
- Carrying Items

What can help?

- Seating
- Lighting
- Easy to manage knob and lock
- Make a plan for walker steps or a ramp
- Add handrails & keep access to them open
- Consider the terrain



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Out & About

What are the activities and roles in these space?

- Steps & Stairs
- Driving
- Shopping
- Appointments
- Faith Activities
- Hobbies

What can help?

- Go with the flow
- Plan outings for more rested times of day
- Make a plan for driving retirement
- What are your tools and who are your partners for continued engagement?

In Summary



Take Time

Give yourself extra time

Do more complex activities when you have the most energy

Take naps as needed

Allow extra time to make it to appointments

Plan for outings in advance



Simplify

Break tasks into smaller steps

Use tools to make life easier

Consider task-specific spaces



Communicate

Written instructions

Photo or visual picture reminders

Post a daily schedule or routine

Give cues

Reduce distractions

Give person time to respond

Speak slowly and clearly

One topic at a time



Adapt

Give yourself some leeway

Have flexibility

Explore new ways of doing old activities

Step back and take a break if becoming too stressed

Prioritize health and wellness for both the person with dementia and the care partner

Questions & ▶ Conversation

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Thank you for joining us today!

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