



DO's and DON'Ts of Caregiving

Working with People with Dementia or other Cognitive Problems

DO

Smile and Laugh
 Talk in Soft and Gentle Tones
 Use praise and kind words
 Show appreciation; say thank you
 Go Slow
 Approach from the front and
 establish eye contact
 Agree (even if you do not agree)
 Apologize (even if you did not do
 anything wrong)
 Step into their reality
 Be consistent
 Show respect
 Anticipate needs
 Distract away from upsets
 Back off rather than push through
 upsets

DON'T

Act angry or frustrated
 Talk in a harsh or directive manner
 Argue
 Rush
 Over-stimulate
 Grab, pull or push
 Approach suddenly or startle
 Use the words, "No", "Don't", "Can't"
 Correct misstatements or mistakes
 Confront behavior
 Push through upsets
 Give orders or be directive
 Over-explain or reason
 Approach from behind
 Talk in childlike tones or in baby-talk

The preceding was presented at the annual Western Washington Alzheimer's Conference by Dr. Gary Martin and reproduced here with the author's permission.

Getting the Most Out of a Doctor's Appointment

Help them to help you.

It takes courage to go to your Doctor. Courage that you will ask the questions which may invite the possibility of more tests or even potentially bad news. It is the courage of the Doctor to answer directly in language you can understand.

The following are some things to think about and do before your doctor's visit:

- Think about and write down your questions. Ask the most important first.
- Remember to ask your questions. It sounds simple, but half the time doctors don't ask if you have any questions.
- You can even give the Doctor your list so you both know how to get to your questions during the appointment.
- Take your time. Do not rush the appointment. Remember it is not just doctors who can be in a hurry.
- All questions important to you are important. Please do not worry about sounding stupid in front of your Doctor. He knows this is your time, and he is caring for you.
- If you have had deaths, losses or significant caregiving burdens in your life, they are important for your Doctor to know. They play a role in your care plan which you develop with him or her.
- When the appointment is ending you should be developing an Action Plan. The Action Plan should include what to expect next. When will you get the test results? When should you come back for a follow up appointment? Is the Doctor writing a prescription for the new medication he or she suggested?

If you leave the appointment with instructions, plan or lab results remember when you get home to "Put Them in a File, Not a Pile." Create a file with your Doctor's name and put all the papers in it. They are less likely to get buried on a table with old mail, coupons etc.

EVENTS FOR UNPAID FAMILY CAREGIVERS

Third Thursday: Time for Caregivers are opportunities for you to learn more about supportive services, community resources, workshops, and other resources available to unpaid family caregivers. Come join us for one of these three hour sessions with special topics of interest to family caregivers lead by a FCSP Resource Manager.

Alzheimer's Brain Tour

May 5, 2011 from 1:00 pm to 4:00 pm
Belfair, Washington. Call Faith in Action to register 360-275-0535

Third Wednesday

June 15, 2011 at the Shelton Library from 1:00 pm to 4:00 pm
Stress Reduction for Caregivers
Call our Olympia office to register

Third Thursday

June 16, 2011 in **Olympia** from 1:00 pm to 4:00 pm
Stress Reduction for Caregivers
Call our Olympia office to register

Third Thursday

June 16, 2011 in **Chehalis** from 1:00pm to 4pm
Call our Chehalis office to register

South Sound Alzheimer's Council's Annual Conference

May 19, 2011 at the First United Methodist Church
1224 Legion Way SE Olympia
To pre-register call 360-493-7768

The conference begins at 9 AM with registration at 8:30 AM and ends at 4 PM

Caregiver Conference sponsored by DSHS

June 6, 2001 at the Tukwila Community Center in Tukwila
Call 800-422-3263 for registration information



Family Caregiver Resource Managers

Debbie Cool in Thurston and Mason Counties
360-664-3261 ext. 106 or toll free 866-714-0479
4419 Harrison Ave NW, Olympia, WA 98502

John Rodgers in Lewis County
360-748-2524 ext. 110 or toll free 888-702-4464
1651 S. Market Blvd., Chehalis, WA 98532



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For an online copy of this newsletter,
go to www.LMTAAA.org

Website Resources

care.com

Sign up for informational emails by answering a few questions about your care receiver's condition. You will receive weekly emails helping you with tips, support and insight about the progression of Alzheimer's and the care needs along the way.

www.alzheimersreadingroom.com

Sign up for emails from Alzheimer's Reading Room which offer solutions to problems that Alzheimer's caregivers face each day, such as driving, effective communication, wandering, urinary tract infections, incontinence, and caregiver loneliness. Alzheimer's Reading Room also has a large catalogue of support, advice, and insights.

Store.best-alzheimers-products.com

Many great caregiving aids for daily living, books, crafts, and DVDs. One item is a DVD called Video Respite. It is an interactive DVD created by Dr. Dale Lund of the University of Utah to engage and invite interaction with a person with dementia and allow the caregiver some time to themselves. The research has shown interactions and engagement for hours, not just minutes.