



DEMENTIA HOME CARE



Physical Health

Nutrition

Individuals with Dementia may forget to eat and drink, so their nutritional needs should be monitored closely. Here are some ways to help make sure they get the nutrition they need.

- Serve foods that are familiar to them.
- Offer snacks and small meals regularly.
- Give them one course at a time so they aren't overwhelmed by options.
- Serve food on plain dishes. Avoid dishes that have patterns.
- Some individuals may have difficulty chewing or swallowing. Serve them foods that are easy to swallow. Eat with them so they can see you chewing.
- Set an alarm to remind them about mealtimes.

Hygiene

People with Dementia may have lost interest in maintaining their personal hygiene. Follow these tips to help them:

- Play calming music during bath time to help them relax.
- If they are calmer during certain parts of the day, use that time to do their hygiene routine.
- Give simple step-by-step instructions and be patient and encouraging.
- Pay attention to the environment, such as water temperature and lighting and make it comfortable for the senior.

Home Care Tip:

It can be extremely frustrating for seniors living with Dementia. Help them maintain their dignity and safety by continuing to treat them like individuals and being patient with their unique needs.

Aggression, Confusion and Agitation

Individuals with Dementia can often become angry, confused and agitated when they aren't able to communicate clearly. Here are some ways caregivers can help when these situations arise.

Aggression

If the person you care for becomes aggressive:

- Try to see what triggers the aggression so you can prevent outbursts in the first place.
- Remove any items in the house that could be used to cause harm. You can put locks on cupboards containing knives and sharp objects.
- Make sure that doctors and family members know about a senior's aggressive behavior. Doctors can also give advice on how to handle aggressive behavior.
- Protect yourself. Plan safe places in the house that you can go to in case there is an outburst.

Confusion

If the person you care for becomes confused:

- Avoid making changes to their environment such as rearranging furniture or adding new items to the home.
- Post notes and reminders on bulletin boards as a way for them to know upcoming events or important reminders.
- Put nightlights in hallways and bathrooms so they can find their way in the dark.
- Keep some large clocks and calendars throughout the house so they can reference the day and time.

Agitation

If the person you care for becomes agitated:

- Reduce intake of foods that cause spikes in energy such as sugar and caffeine.
- Use gentle music, touch, walking or reading to help stop agitation.
- Keep the same routine each day to avoid confusion. Keep photos and familiar objects throughout the house to offer a sense of security.
- Distract the senior with an activity or a snack. This can help them forget the incident.



Limit Sugar



Listen to Gentle Music



Keep Familiar Photos

Contact Name
Contact Information

