

CARE FOR U PLUS

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Care for Clients with Advanced Dementia

What is Dementia:

Dementia is a loss of mental abilities, such as: thinking, remembering, reasoning, communicating. Dementia interferes with activities of daily living, such as: eating, dressing, bathing, toileting, communicating.

What Causes Dementia:

Potentially Reversible Causes of Dementia:

- Injury to the brain (subdural hematoma)
- Drug reaction
- Metabolic imbalance
- Depression or acute emotional stress
- Malnutrition or anemia
- Tumor of the brain
- Liver disorder
- Cardio-pulmonary disorder
- Vascular disorder
- Alcoholism

irreversible Causes of Dementia:

- Alzheimer's disease
- Multi-infarct dementia (MID)
- Parkinson's disease
- Pick's disease
- Huntington's disease
- Arteriosclerotic brain disease
- Creutzfeldt-Jakob disease (CJD).

What Attitudes are Helpful when Caring for People with Dementia:

- Remember that each person with AD is an individual.
- Work with the symptoms or behaviors you see.
- Be understanding and compassionate.
- Work as a team.
- Take care of yourself.
- Work with family members.
- Always remember the care program goals.

Ten Warning Signs of Alzheimer's:

1. Recent memory loss that affects job skills

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2. Difficulty in performing familiar tasks
3. Problems with understanding language
4. Disorientation of time and place
5. Poor or decreased judgement
6. Problems with abstract thinking
7. Misplacing things (putting them in inappropriate places)
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

Interventions for ADLs for Clients with AD:

Urinary Incontinence:

- Make sure client is drinking enough fluids.
- Note when client is incontinent. Check him or her every 30 minutes.
- Take client to bathroom before "bathroom time."
- Take client to bathroom before and after meals and before bed.
- Make sure client urinates before getting off toilet.
- Mark restroom with sign or picture.
- Be matter-of-fact when cleaning episodes of incontinence.
- Observe toilet patters for two to three nights if client is incontinent during night.
- Make sure there is enough light in the bathroom and on the way there.
- Put lids on trash cans, waste baskets or other containers if client urinates in them.

Dressing:

- Show client what he or she is going to wear.
- Avoid delays or interruptions.
- Give privacy.
- Encourage client to pick out clothes to wear. Lay out clothes in order to be put on.
- Break task down into simple steps. Do not rush the client.
- Use a friendly, calm voice when speaking.
- Praise and encourage.

Bathing:

- Schedule bathing when client is least agitated.
- Give client supplies before bathing to serve as visual aid.
- Take a walk with client down the hall and stop at tub or shower room.
- Make sure bathroom is well-lit.
- Keep temperature comfortable.
- Give privacy.
- Be calm and quiet.

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- Keep process simple.
- Be sensitive when discussing bathing with client.
- Give client washcloth to hold during bath.
- Ensure safety by using nonslip mats, tub seats and hand-holds.
- Be flexible about when to bathe. Understand if client does not bathe.
- Be relaxed.
- Be encouraging. Offer praise and support.
- Let the client do as much as possible for him- or herself.
- Check the skin for signs of irritation.

Eating:

- Have meals at consistent times each day.
- Food should look and smell good.
- Make sure there is good lighting.
- Keep noise and distractions low.
- Remind the client it is mealtime.
- Keep the task of eating simple.
- Finger foods are easier to eat.
- Do not serve steaming or very hot foods or drinks.
- Use dishes without a pattern. Use simple place setting. Remove other items from the table.
- Put only one item of food on plate at a time.
- Give simple, clear instructions on how to eat or use utensils.
- Place a spoon to the lips.
- Ask client to open his or her mouth.
- Give client through meal with simple instructions.
- Offer regular drinks to avoid dehydration.
- Use adaptive equipment as needed.
- Feed client slowly, giving small pieces of food.
- Make mealtimes simple and relaxed. Give client time to swallow each bite.
- Seat clients with others to encourage socializing.
- Observe for eating and swallowing problems.
- Observe and report changes or problems.

Additional tips:

- Help with grooming.
- Prevent infections. Follow Standard Precautions.
- Observe and report potential problems.
- Maintain daily exercise routine.
- Maintain self-esteem. Encourage independence.
- Share in fun activities.

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- Reward positive and independent behavior with smiles, hugs, warm touches, and thank you.

Difficult Behaviors and Management for Clients with AD:

- *Agitation:* Remove triggers, keep routine, focus on familiar activity, remain calm, and soothe the client.
- *Pacing and wandering:* Causes – restlessness, hunger, disorientation, need for toileting, constipation, pain, forgetting how or where to sit down, too much napping, need for exercise. Remove causes, give snacks, encourage exercise, maintaining toileting schedule, let pace in safe place, and suggest another activity.
- *Hallucinations or delusions:* Ignore if harmless, reassure, do not argue, and be calm.
- *Sundowning:* Remove triggers, avoid stress, play soft music. set bedtime routine, plan calming activities, remove caffeine, give back message, distract, and provide daily exercise.
- *Catastrophic reactions:* Avoid triggers such as fatigue, changes, overstimulation, difficult choices/tasks, pain, hunger, or need for toileting. Remove triggers and distract.
- *Depression:* Causes - loss of independence, inability to cope, feelings of failure and fear, facing incurable illness, chemical imbalance. Report signs, encourage independence, talk about moods and feelings, and encourage social interaction.
- *Perseveration or repetitive phrasing:* Respond with patience, do not stop behavior, and answer questions each time, using the same words.
- *Violent behavior:* Block blows, never hit back, step out of reach, call for help, do not leave client alone, remove triggers, and use calming techniques.
- *Disruptiveness:* Gain client's attention, be calm, direct to a private area, ask about behavior, notice and praise improvements, tell client about changes, encourage to join in activities, help find ways to cope, and focus on positive activities.