



Living with Dementia:
Managing Daily Care
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Session Agenda

- Stages of Dementia:
Teepa Snow's Gems State Model
- The Positive Approach to Care®
(Person-centered Care)
- Planning for Daily Care
- Creating Meaningful Activities
- Questions and Answers



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Dementia care in general . . .

- Each journey and timeline is unique.
- However, there are similarities:
 - Progression of independence to total dependence.
 - Role of caregiver evolves with each change; increasing responsibility for care.
 - Stress level increases.
 - Getting help is essential. One person can't provide all of the care all of the time.



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The GEMS State Model

- Teepa Snow, M.S., Occupational Therapist; renowned dementia specialist.
- Focus on what remains possible.
- Six "Gems" levels.
- Levels may fluctuate daily.



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Person-Centered Care Responses

- Always check for pain; ensure that basic needs are met. (toileting, hunger, thirst, sleep, human contact)
- Limit explanations; keep instructions simple; limit choices.
- Use both verbal and non-verbal cues.
- Respond to feelings, not words.
- Join in their reality; avoid reason and logic.
- Do not rush; don't force your own agenda.
- Be person-centered rather than task oriented.



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Positive Physical Approach

Teepa Snow, M.S., Occupational Therapist

- Approach slowly from front.
- Use first or preferred name.
- Introduce yourself every time.
- Try to stay at eye level, ideally on person's dominant side.
- Offer your hand, palm up.



Source: Teepa Snow, Positive Approach to Care®



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Positive Personal Connection

- Greet.
- Compliment.
- Share.
- Notice.
- Explore possible unmet needs.

Source: Teepa Snow, Positive Approach to Care®



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Positive Action Starters

- Avoid yes/no questions.
- Offer specific options.
- Help: *I could really use your help.*
- Try: *At least give it a try.*
- Keep it short and simple.
- Take a step-by-step approach.

Source: Teepa Snow, Positive Approach to Care®



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Purpose of Activities

- Encourage self-expression.
- Promote engagement in life.
- Create an emotional connection.
- Stir memories.
- Reduce anxiety, especially sundowning.
- The “just right” challenge.



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Meaningful Activities



Category	Description	Examples
Productive	Activities that make one feel valued, productive, and appreciated for skills and abilities; sense of purpose.	Tasks related to previous occupation, work, hobbies, and/or interests. Helping others.
Personal Care	Activities that keep the body and home functioning, neat, and clean. Promotes feeling of independence.	Eating, bathing, dressing, grooming; shopping, food prep, household chores; exercising.
Pleasure	Activities one finds enjoyable – either alone or with others.	Socializing; singing, dancing, walking, gardening, reading, cards or games, puzzles; arts and crafts; going to movies, museums.
Power-up	Activities that help one to re-energize, relax, find inner peace; promote overall well-being.	Sleeping, napping; praying, listening to music, quiet time with another; strolling; petting animals, watching birds or fish.

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Considerations

- Capabilities: Cognitive and physical.
- Level of independence.
- Structure; routine.
- Attention span.
- Interests, likes and dislikes.
- Social skills: Extrovert or Introvert?
- Triggers for dementia-related behaviors.
- Care partner's capabilities.



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Adjusting the Environment

- Safety first.
- Organize and simplify.
 - Have favorite activities readily accessible.
 - Use whiteboard or calendar for reminders.
 - Arrange closets, drawers, pantry, bathroom for easy access.
 - Limit choices.
- Reduce stimulation.
 - Minimize shadows, glare, reflections and shine.
 - Eliminate unnecessary noise; remove/reduce clutter.
 - Limit visitors.

www.nia.nih.gov/health/alzheimers/caregiving



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Tips for Planning Activities

- Choose time of day that is best for the person; routines.
- Create a flow – build up and then wind down.
- Stay positive and calm.
- Be flexible:
 - Success of activity can vary from hour to hour; abilities are ever-changing.
 - If something doesn't work, try again later.
- Focus on the process, not the results.
- Choose your priorities; the relationship is more important than the battle.
- Advance planning promotes success but allow for spontaneity.
- Schedule others to help.



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Sample Daily Care Plan



MORNING

- Hygiene routine.
- Prepare, eat breakfast; clean up.
- Quiet time: Music, reading, garden, conversation.
- Go for a walk or another planned activity.
- Quiet time activity.

AFTERNOON

- Lunch; clean-up.
- Listen to music; watch a movie.
- Productive activity: Family photos; arts or crafts project; folding laundry; food prep for dinner.
- Quiet time in the garden; phone call with friend.



EVENING

- Dinner; clean-up.
- Begin winding down.
- Quiet time activity: puzzle, games.
- Nightly hygiene routine.
- Read/listen to favorite book.
- Bedtime.



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When it isn't working, what can you do?

Identify the distress and try an apology.

- **Intent:** *I'm sorry, I was trying to help.*
- **Emotion:** *I'm sorry I made you angry.*
- **Intellectual capacity:** *I'm sorry, I had no right to make you feel that way.*
- **Change:** *I'm sorry, this is hard. I hate this for you.*
- **Experience:** *I'm sorry, that should NOT have happened.*

Source: Teepa Snow, Positive Approach to Care®



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Ideas for Meaningful Activities



ARTS & CRAFTS

- Adult coloring books
- Knitting or sewing projects
- Arrange flowers
- Decorate cookies
- Simple woodworking

MUSIC

- Listen to music
- Sing
- Play instruments
- Share a musical greeting card

READ

- Read to person
- Have person read to child
- Listen to audio books
- Browse magazines
- Read spiritual passages

REMINISCE

- Photo albums/scrapbooks
- Watch family videos
- Look at photos online; access past events
- View old yearbooks

GAMES

- Card games; sort cards
- Board games; checkers
- Word searches
- Beanbag toss
- Puzzles

HOUSEHOLD TASKS

- Cook or prepare snacks
- Fold laundry
- Simple yardwork
- Sort magazines, photos
- Dusting

OUTDOORS

- Short walk or roll
- Sports, as able
- People-watch in the park
- Gardening
- Blow bubbles

PAMPERING

- Manicures
- Lotion massage for hands
- Take to salon or barber
- Go "virtual" shopping online

PETS/ANIMALS

- Family pets
- Therapy pets
- Robotic pets
- Watch birds or fish
- Stuffed animals

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Companionship Pets



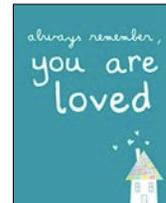
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Skylight Photo Frame



Skylight Frame
www.skylightframe.com

Also available on Amazon.com
 \$159.00



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