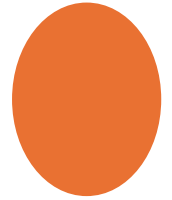


Practical home management and methods of coping



Most common caregiver mistakes

- Correcting
- Arguing and pushing back
- Reasoning
- Testing
- Doing it the same way

WHAT YOU NEED

- Patience
- SEE
- Remind the person about who you are, where they are, what is going on and what happens next
- Be on their side
- Decrease stress, increase calm, increase your relationship with them.
- Do not correct them
- Treat as an adult
- Connect with the person - Focus on the relationship rather than the task

- Go into their world.
- Tell them what you are going to do, ask them, give choices
- Compliment them
- Don't highlight that they need help
- Do things with them that is not connected to caring
- Ask for their help/their opinion

WHAT TO ALWAYS CONSIDER

- Your approach
- Communication
- Connect with the person
- Assess their behaviour
- Respond appropriately
- Environment
- **Their** routine
- Possible physical and mental causes



Bathing



Eating

2024/09/23

L M Schirlinger

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Do not
look for
perfection