

Project Tender Loving Care Community + Walk This Path

Project Tender Loving Care Community (TLC Community) Goals:

Inform and Empower Dementia Caregivers through Classes, Workshops, etc. Help Caregivers & Care Receivers connect with available resources. Suggest existing and/or develop new programs & resources to serve unmet needs of Dementia Caregivers & Care Receivers in our local community. C Rae Hozer dedicated email = Rae.TLCC14@gmail.com

“Until we learn to heal the damage (to the brain) their reality and our reality can never be the same.” Teepa Snow in ‘It’s All in Your Approach’ DVD part 2

Agenda 2014 Dementia Care Class 2 Brain Failure: Physical Changes

Overview & Review of Class 1...	PowerPoint video
Video clip 1...	Tour of the Brain Senior Gems DVD
Short Break (10 minute max)	Please fill out Evaluation Form
Video clip 2	Memory loss & Language Skills loss Impact ‘It’s All In Your Approach’ DVD part 2 www.PinesofSarasota.com

Care Givers need to

1. Know Care Receiver History & Personality
2. Start where the Care Receiver is
3. Make a Connection
4. Use Empathy and Validation
5. Use Cues
 - a. Visual/gestures
 - b. Verbal/speak
 - c. Touch

Review 2014 Class 1 Is it Forgetfulness or Is it Dementia?

Before you speak or interact with a dementia care receiver ask yourself, “If my best friend said or did that to me would I want to stay friends with him/her?” If the answer is “No” stop, step back and rethink your approach. You’re in this for the long haul and the Relationship is Everything.

BEST FRIENDS APPROACH TO DEMENTIA/ALZHEIMER’S CARE

Source: “A Dignified Life, The Best Friends Approach to Alzheimer’s Care, A Guide for Family Caregivers” by Virginia Bell, MSW & David Troxel, MPH

The Knack of Caregiving

Be well-informed	Have empathy
Respect the basic rights of the person	Maintain optimism
Employ finesse	Use common sense
Communicate skillfully	Use music
Set realistic expectations	Use humor
Be spontaneous	Maintain patience

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BEST FRIENDS APPROACH TO DEMENTIA/ALZHEIMER'S CARE (continued)

Be flexible
Be non-judgmental
Maintain self-confidence
Connect with the spiritual
Know it is sometimes easier to ask forgiveness than to get permission
Take care of yourself (Know "caregiver" does not equal "martyr")

Stay focused
Value the moment
Take cues from person's life story
Plan ahead

'Coach Broyles' Playbook for Alzheimer's Caregivers A Practical Tips Guide' by Frank Broyles Athletic Director Emeritus for the University of Arkansas Razorbacks, has a great message for those who walk this path:

"You have joined the ranks of a special group of people- Alzheimer's caregivers. You have become a role model for those who will follow. There are millions of people living with Alzheimer's and millions of caregivers who are starting out just like you did. Chances are, you will meet some of them in the months and years ahead. Share your story with them. Share the wisdom and knowledge you gained during your journey. Let your labor of love live on."

Near the end of the Coach's Playbook is the poem I read during Class 1 which gives voice to Dementia Care Receivers:

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'til my life is done.

- Author unknown

'Coach Broyles' Playbook for Alzheimer's Caregivers A Practical Tips Guide' by Frank Broyles is available online at amazon.com and <http://www.caregiversunited.com/alzheimers-playbook>