



Caregiving at a Glance: Hints, Tips, and Aha's

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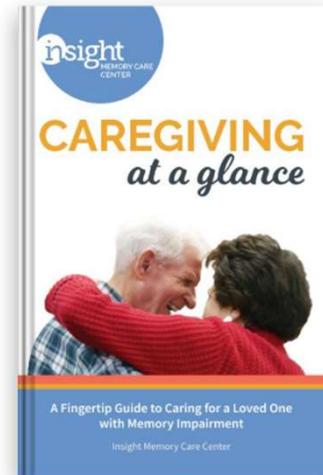
- Session panelists
 - Brigid Reynolds, RN, MSN, NP
 - Carol Blackwell, caregiver, Memory Café 4U Founder
 - Lindsey Vajpeyi, ADC/MC, BF-CMT, CDP, CADDCT

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Caregiving at a Glance Guidebook

- 5th edition fingertip guide for families caring for a loved one with Alzheimer's or other memory impairment



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confidence
humor
capable
information
journey
skill
comfort
experience
art
strengths
creativity
compassion
knowledge

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Question:

I'm concerned about my mom. She seems to forget things that I have recently told her. She sometimes forgets to take her medication. We've seen her primary care doctor, who confirmed that this is not normal aging and needs further evaluation. Her doctor has now referred her to a neurologist. This is all new to me, so what should I expect next?

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• **Diagnosis Dementia...Now What?**

- Start the conversation
- Develop a care team
- Get involved in clinical trials
- Make a plan
- Find care and support options
- Care for yourself

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Question:

It feels like my husband and I are always in conflict. He asks me the same questions over and over, and then he gets upset when I remind him that he has already asked me that question. He has become paranoid, thinking that I am hiding things from him. What should I do when this happens?

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• **Communication and Behaviors**

- Common communication changes
- Troublesome behaviors
- Hostility and aggression
- Wandering
- Medications

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Question:

My partner has been making some questionable decisions lately. There are unexplained scrapes on the side of her car. There are times when she leaves the house for many hours, and when she comes home, she can't tell me where she has been. I'm concerned about her safety, but she thinks she is fine. What should I do?

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• **Safety**

- Giving up the keys
- Financial management
- Home safety
- ADL changes
- Medications

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Question:

This pandemic has been so hard for my dad. He used to be so active, going to the day center a few times each week, participating in family gatherings, and helping around the house with simple chores. Now that we're always at home, he sleeps much more than he used to, seems disinterested in things he used to enjoy, and he follows me around the house. What's going on?

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• Activities and Routines

- Develop a familiar routine
- Help the person feel useful and connected
- Capitalize on remaining strengths
- Provide meaningful activities
- Assist for success

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Question:

People keep telling me to "take care of yourself," but how am I supposed to do this when I am a 24/7 caregiver?!? I don't remember the last time I had a full night's sleep; I have a never-ending to-do list, and I have no one to help me. On top of this, I frequently lose my patience with my loved one, and then I feel guilty about it.

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• **Taking Care of Yourself**

- Balance caregiving and other responsibilities
- Advocate for yourself
- Recognize your emotions
- Live a healthy lifestyle
- Take breaks from caregiving
- Utilize caregiving services and support groups
- Laugh!

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• Resources

- APT Webstudy <https://www.aptwebstudy.org/>
- Memory Cafes <https://www.insightmcc.org/memorycafe>
- Caregiving at a Glance
<https://www.insightmcc.org/resources/caregiving-at-a-glance.html>

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