**THE ART OF CAREGIVING**

DEMYSTIFYING RESISTANCE: BECOMING A BETTER DETECTIVE

BY MANAGING YOUR OWN BEHAVIOR, ACTIONS, WORDS, AND REACTIONS, YOU CAN CHANGE THE OUTCOME OF AN INTERACTION.

It’s the **RELATIONSHIP THAT IS MOST CRITICAL, NOT THE OUTCOME OF ONE ENCOUNTER.**

**CONNECT**

1st- Visually. Strong and desirable visual cues.

2nd- Verbally. Short and effective verbal cues

3rd-Physically. Positive, minimal and familiar tactile cues, change the environment to help.

4th- Emotionally. Use what you know about the person.

5th- Spiritually. (Share hope with the knowledge they have of God)

**YOUR APPROACH**

* Use a consistent positive physical approach
  + Pause at the edge of public space
  + Approach within visual range
  + Approach slowly
  + Offer your hand and make eye contact
  + Call the person by name
  + Stand to the side to communicate
  + Respect intimate space
  + Wait for a response.

**YOUR INTERACTION**

* Communicate with awareness
  + Look, listen, think
  + Give your name
  + Make an empathic observational statement
    - “You look busy…”
    - “It looks like you are tired…”
    - “It sounds like you are upset…”
  + Wait for a response

**GIVING INFORMATION**

* Keep it short and simple
  + “It’s lunch time”
  + “Let’s go this way”
  + Here’s your socks”
* Use familiar words and phrases
* Use gestures and props to help

**ENCOURAGE ENGAGEMENT**

* Ask a person to try or to help you
* Give simple positive directions- 1 step at a time
* Use props or objects
* Gesture
* Demonstrate
* Guide
* Distract
* Redirect
* Observe and document the risky behavior thoroughly:
  + What is the pattern
  + When does it happen
  + Where does it happen
  + Who is involved
  + What is said, done, attempted
  + What makes it better... worse.
* Is it really a problem? …. A risk
  + If no- leave it alone
  + If yes- it's time to problem solve
    - Call the team together
    - Put on the thinking caps

Remember to explore all of the following:

* Personal background information
* Type of dementia and level of cognition
* Health and sensory information
* Environmental issues
* Caregiver approach and assistance
* Habits, schedules and time of day

Re-look at the problematic challenging behavior…

* What does the person need?
* What is the meaning of the behavior?
* Do you understand the risky behavior better?

MAKE A PLAN!

* Who will do what
* When will it be done
* How will it work
* What environmental change is needed
* What props are needed-where will they be

IMPLEMENT YOUR PLAN!

* Keep track of progress
* Document what is happening
* Communicate among the team members
* Rethink-if it isn’t working
* CELEBRATE

**SPECIFICALLY FOR CAREGIVERS OD PEOPLE WITH DEMENTIA**

* YOU NEED **HELP**-from someone who understands
* YOU NEED **TIME**-Truly away-physically, emotionally, and spiritually
* YOU NEED TO TRY TO **LISTEN!!!**

**GET HELP**

* Support for you
* Help with the person
* Check out options- home care, day care, residential care.
  + Day care- Joyful Journey; Lafayette, IN area only
  + Residential Care- Bickford Memory Care; search web sight for locations
* Check out places-visit, observe, and reflect
* Plan ahead-**when** NOT **if**
* Act before it is a crisis
* Watch yourself for signs of burn-out
* Set limits...It’s a marathon

**LET GO:**

* HOW IT “USED TO BE”;
* HOW IT “IT SHOULD BE”;
* HOW YOU “SHOULD BE”

**LOOK FOR THE JOY**