

THE MONTHLY CHALLENGE

See **UP** **THERE**
LOOK What

I THINK I'M DISTRACTED AND
OVERWHELMED



Did you know when a person has dementia:

- They become easily distracted, confused, and overwhelmed?
- Their short-term memory is compromised and their ability to recognize familiar things and perform daily activities is limited?
- They communicate using body language?

What do you see? When you approach a resident:

- Do they withdraw or become resistant?
- Do they follow your directions or have a hard time keeping up?
- Do you do everything for them when they could be participating?

If yes, they may be distracted or lost.

What next?

- Lower yourself down to the person's eye level (if not against their beliefs).
- Use physical cues along with verbal cues. For example, if you want them to comb their hair, say the words "comb your hair" as you pretend to comb your hair.

This Month's Challenge

- Your physical and verbal cues may help a resident do something easier, or do something they haven't been able to do in a long time.

Write down cues you may have used and during the next staff meeting we will draw three. The residents and staff will receive something special.

SEEING RESIDENTS THROUGH NEW EYES:
CARING FOR THOSE WITH DEMENTIA



CHANGING
ANTIPSYCHOTIC
THINKING

