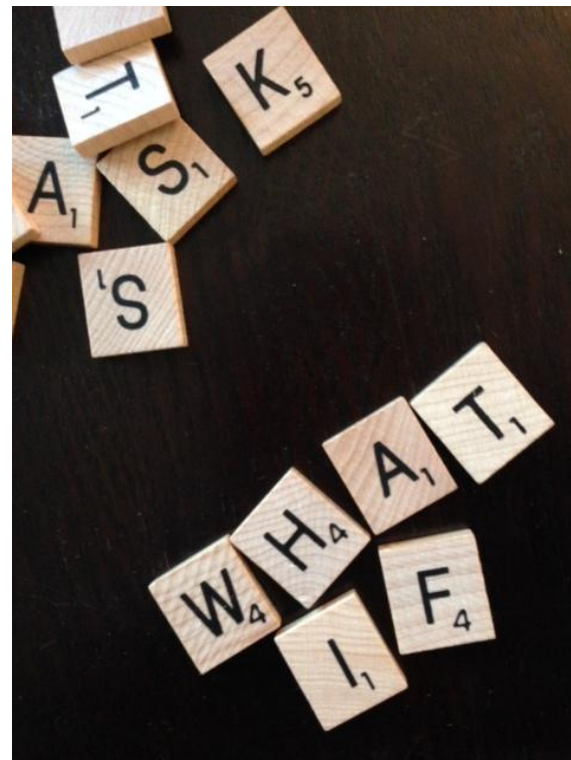


WHAT IF?

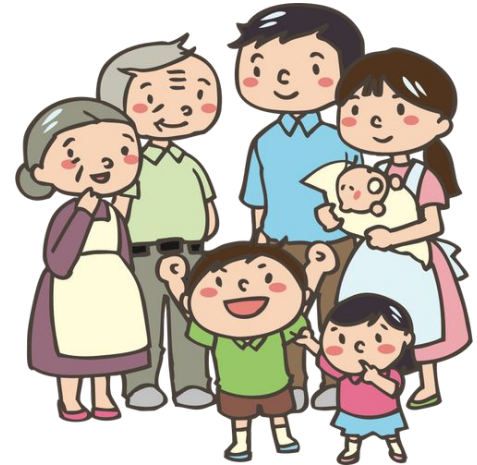
RIKKI LORENTI
ADMIRAL NURSE
CLINICAL LEAD



WHAT IF?

- Dad appetite is poor
- Mum is getting more anxious at night?
- I can't get Mum to go to sleep?
- Dad is starting to become incontinent?
- Dad has rapidly become agitated and confused?
- Mum is starting to wander?
- I don't know who to go to for support?

**LET US HELP ARE FAMILY COME UP
WITH SOME STRATEGIES**

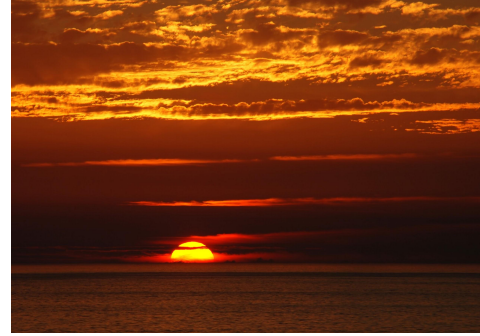


DAD HAS A POOR APPETITE

- Accept that dietary habits change
- Appetite may reduce.
- Taste buds will be affected
- No interest in old favourites, try something new
- Avoid big meals and go for “little and often”
- Have fruit and sweets around the house so that the person will pick them up (memory jogger)
- Finger food, if someone is driven then they are more likely to eat whilst walking around



MUM IS GETTING MORE ANXIOUS AT NIGHT



→ Sundowning

- ◆ The syndrome when a person becomes more agitated as the sun goes down. INSECURITY, DISORIENTATION AND FRIGHTENING
- ◆ Anxiety, confusion, frustration and disorientation could lead to increased agitation.

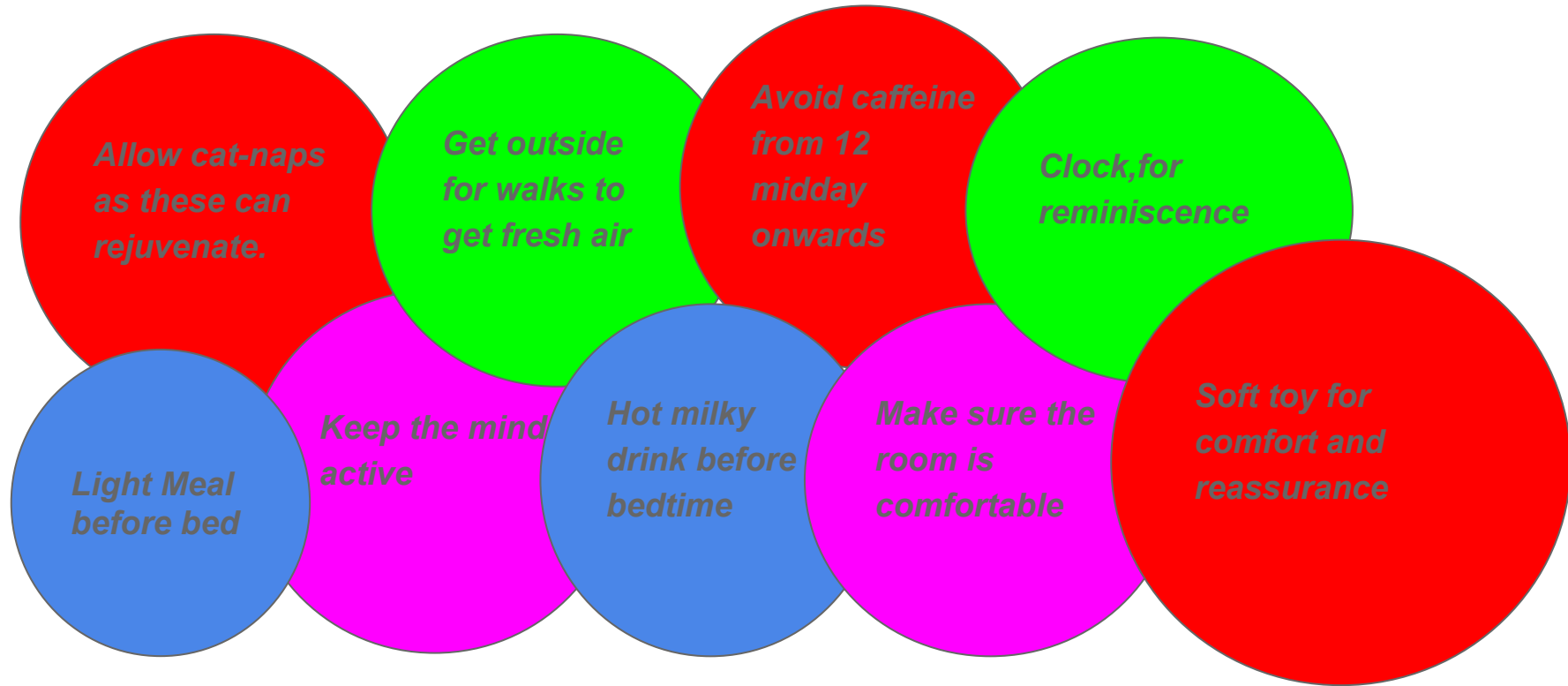
→ Replicate light for as long as possible.

→ Use distraction as early as possible, by monitoring their behaviour during the day

→ Light meals and avoid caffeine

→ Keep sleep to a minimum during the day

→ Maintain familiarity and make activity (as distraction)



MUM WON'T GO TO SLEEP

DAD IS STARTING TO BE INCONTINENT

DAILY MANAGEMENT

Consider loose clothing
Remove obstacles to the toilet
Leave the bathroom door open
or add a sign
Review toilet height and
promote good lighting
At night, sensory lighting ,
possibly a commode or
mattress protector

PROMPTED VOIDING

Every 2 hours
encourage the use of
the toilet and after
every meal

Incontinence to Continence

PREVENT

Avoid caffeine and
carbonated
Reduce slowly drinks nearer
to bedtime
Avoid acidic foods
Eat plenty of fibre
Exercise

MANAGE

Discuss the use of incontinence pads
Wash skin to prevent infections,
pressure sores and fungal infections
Reflect on signs of distressing -
tugging at clothes, reddening face or
straining



Carry out daily activity
and maintain structure

Provide reassurance

Try and meet basic
needs

Offer reassurance in
unfamiliar places

Avoid over stimulating
environments

Technology: Door
sensors, GPS
Trackers



DELIRIUM

Ring your GP so he/she can consider antibiotics
111 for advice

Rapid changes in mood

Rapidly becoming more agitated.
Delusional

Possibly increased level of incontinence

Wanting to go to the toilet more often

Rapid confusion

Rapid suggests a couple hours or days and "out of character"

Disorientation

Remember RAPID disorientation
Poor sleep pattern and potential falls risk

Acute Confusional State could be related to:

- Urine infections
- Chest
- Wound
- Changes in medication
- Dehydration
- Malnutrition
- Sensory Impairment
- Drug and alcohol dependency.



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Dementia Connect

I don't know who to go to for support?



“Mum really wants to stay at home but we’re at the point where I can’t support her without more help...”

I’m the eldest of four children and for the last couple of years my husband Alex and I have been doing most of the work looking after my mum. We’ve managed up till now on our own but...” [more](#)

Paul from Rally Round

Hello, Welcome to Rally Round. If you have questions please get in touch. I'm



I'm A Carer And I'm Stressed Out

[Easy Read PDF](#)

[Professional Author Details](#)

Date published: 31 March 2018 Deadline for review: 31 March 2021

Introduction

https://mindedforfamilies.org.uk/Content/i_am_a_carer_and_i_am_stressed_out/#/id/5a7d85507917b495647e15a6



Recognize what you're up against.

Recognise how the dementia is affecting communication and adapt.



Avoid distractions.

Quiet environment that allows the person to focus



Speak clearly and naturally in a warm and calm voice.

Refrain from treating the person as an infant



Refer to people by their names.



Talk about one thing at a time.

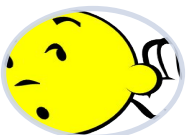
Avoid a scatter gun approach

Avoid multiple threads



Use non-verbal cues.

Smile and good eye contact, at the severe end of the spectrum non-verbal and visual clues



Listen actively.

If you are struggling check out what is being said.



Avoid correcting, and take a step back to reduce frustration and confrontation



Have patience.

Allow time for a response,, give choice, allow for contribution and use visual if struggling

Think about this....

Empathy

How is the person feeling

Mirroring

How is your anxiety and impatience affecting the person

Disempowerment

How does it feel if the person is being done for rather than allowing them to do it for themselves.

Over-stimulation

Can this cause anxiety and frustration?

Under-stimulation

Is this good?



Impatient – WALK AWAY



Angry – WALK AWAY



**Have we
helped our
family?**