



FRIENDS AND FAMILY MEMORY SUPPORT GROUP

Welcome,

As a caregiver, family member or friend trying to care for someone with dementia, there will be many challenges. We want to remind everyone that self-care is just as important as caring for your loved one. And, that you are not alone.

This newsletter focuses on the importance of self-care and new techniques for caring for your loved one with dementia. Here at St. Anne's, we have decided to implement a Memory Support Group Program for caregivers, family and friends.

We are looking to enhance this program by providing quarterly newsletters and opportunities for education. Within the next few months, we're hoping to extend this group so that meetings can be presented through Zoom with discussion topics focused on caring for those with dementia.

If you have any questions, please reach out to Heather Weiss by email at Heather.Weiss@stannesrc.org or by phone: 717-285-6117.

I look forward to hearing from you!

Heather Weiss
VP of Community Services

dementia caregiver tips & tricks



1. *Break down tasks into simple steps*
2. *Agree, never argue*
3. *Reassure, never lecture*
4. *Reminisce, never say "Remember"*
5. *Distract, never shame*
6. *Repeat, never say "I told you"*
7. *Be aware of your body language*
8. *Approach from the front*
9. *Use visual cues; for example, point to things and demonstrate. Speak clearly, slowly, and calmly*

The Heart of the Matter

It is not your fault. It is not their fault. Your loved one did not choose to get dementia. Dementia chose them. Look deeper, past the effects of the disease to the person lost inside. They deserve love, kindness, compassion, and your support. Take time to support them on this difficult journey, but also find support for yourself, too.

Like a passenger on an airplane when cabin pressure is lost, first put on your oxygen mask before helping others. Find help through a support group, pick up the phone, go for a walk, reach out to a friend, take some time for yourself. If you neglect what you have, what will you have to give? Good self-care helps you first, so you can make a difference. Do not give up, you can do it!



Caring for oneself can sound selfish. But if you're empty and dry, what are you truly able to give to someone else? Ideal self-care fills you so you can *give* to one another.

TODAY'S DEMENTIA **PRINCIPLE**

ENTER THEIR WORLD

*INSTEAD OF TRYING TO
BRING THEM INTO YOURS.*

GO TO THEM WHERE THEY ARE **IN THEIR MOMENT**

LEARN A NEW **DEMENTIA** **APPROACH** **TECHNIQUE**

Do not correct a person living with dementia. If an 85-year old man says, "I'm going to my mother's house for dinner," say "that's great, thanks for letting me know. Have a great time!" (He walks down the hallway and forgets). Or, bring him into the kitchen and give him something to eat, and say, "tell me about your mother—what's her name? What's your favorite meal that she makes. Tell me about your family."

Simple Self-Care Ideas

Go Outdoors...

- ✓ *Take a walk*
- ✓ *Sit on a bench and feel the sun on your face*
- ✓ *Watch the clouds float by*
- ✓ *Enjoy the breeze*



Enjoy Food...

- ✓ *Make a new recipe*
- ✓ *Cook a healthy dinner with old friends*
- ✓ *Order out from a favorite restaurant*
- ✓ *Enjoy a picnic at the park*



Relax...

- ✓ *Sit down, relax and read a book*
- ✓ *Go to the spa*
- ✓ *Get up and dance*
- ✓ *Listen to your favorite music*
- ✓ *Ask for a hug*
- ✓ *Do online yoga*
- ✓ *Light a candle*
- ✓ *Take a nap*



Play...

***with your grandkids
and your pets***



Approach Technique Ideas

- 1. Speak clear and use short sentences*
- 2. Make eye contact with the person when talking or asking questions*
- 3. Give them time to respond because they may feel pressured if you try to speed up their answers*
- 4. Encourage them to join in conversations with others when possible*
- 5. Offer your hand; do not grab or pull*
- 6. Crouch down to eye level or below*



UPCOMING TOPICS...

Early onset dementia

Dementia & Alzheimer's disease

Stages of Dementia

Communication

Behavioral expressions of needs and sundowning

Filling the day with meaning and purpose

Providing additional resources, such as the Alzheimer's Association



**"SURRENDER TO WHAT IS,
LET GO OF WHAT WAS,
HAVE FAITH IN WHAT WILL BE."**

-SONIA RICHTI