



Memory Care Home Solutions

Community-based non-for-profit organization founded in 2002

Mission:

To extend and improve quality time at home for people living with dementia and their families

In-home Dementia Caregiver Intervention

Family
consultation



6-month
follow up

12-month



Up to 10 in-home OT sessions
Up to 4 in-home SW sessions

Identify preserved strengths, roles, and routines



Home and environmental assessment

Teach a problem. 34 chf7P 4vissesom.ap c1348Do 0GS5 gs E1779BDC 0.94917

About you

Who do you care for?

What health issues are they dealing with?

Why do people become caregivers?

Physical

Increases risk of infection, heart disease, and immune disorders

Can lead to

- Gastrointestinal and eating problems

- Sexual dysfunction

- Sleep disturbances

- Headaches

Cognitive

Memory changes

Lack of concentration

Disorganization

Psychological

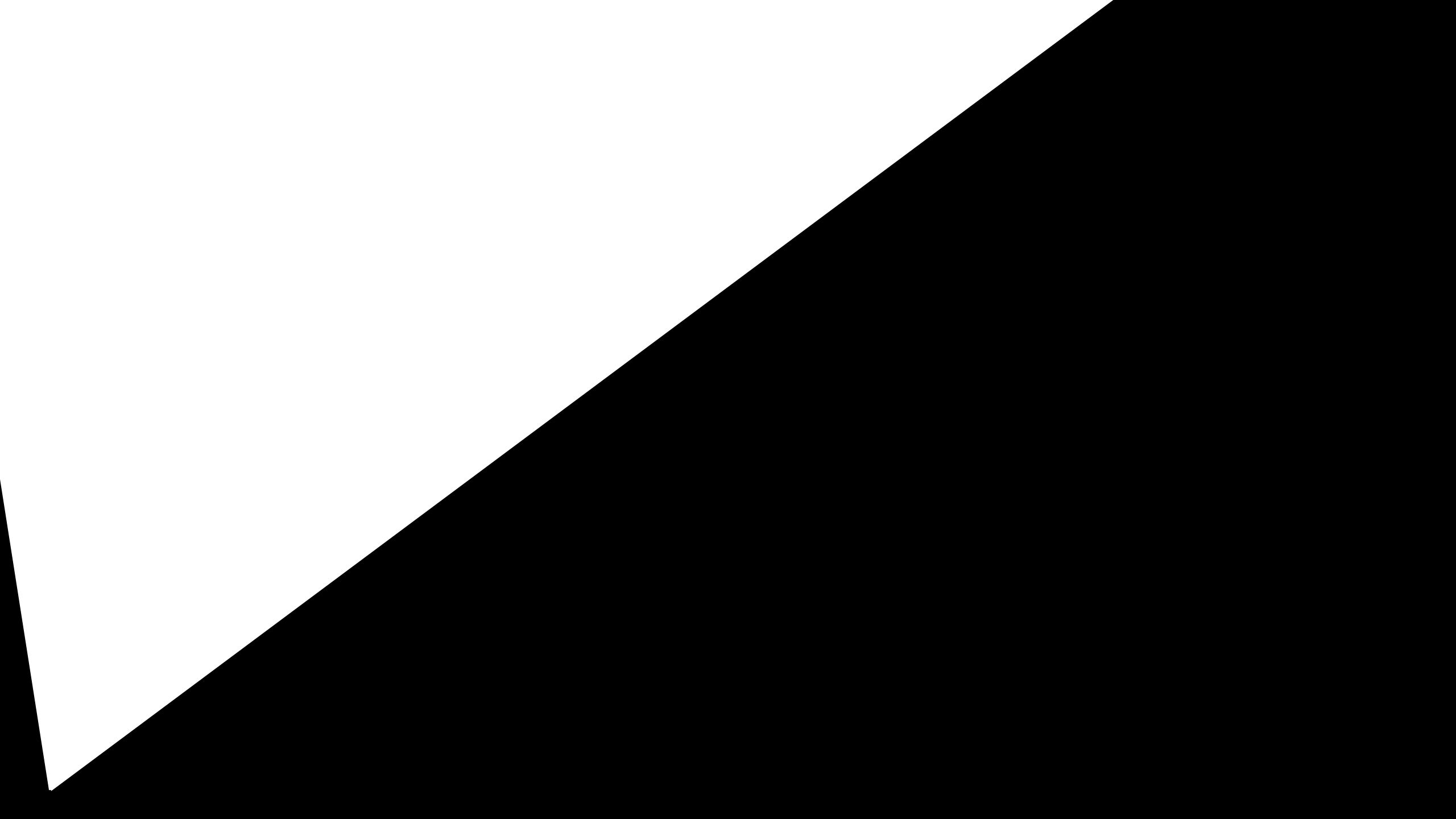
Reduce feelings of pleasure and accomplishment

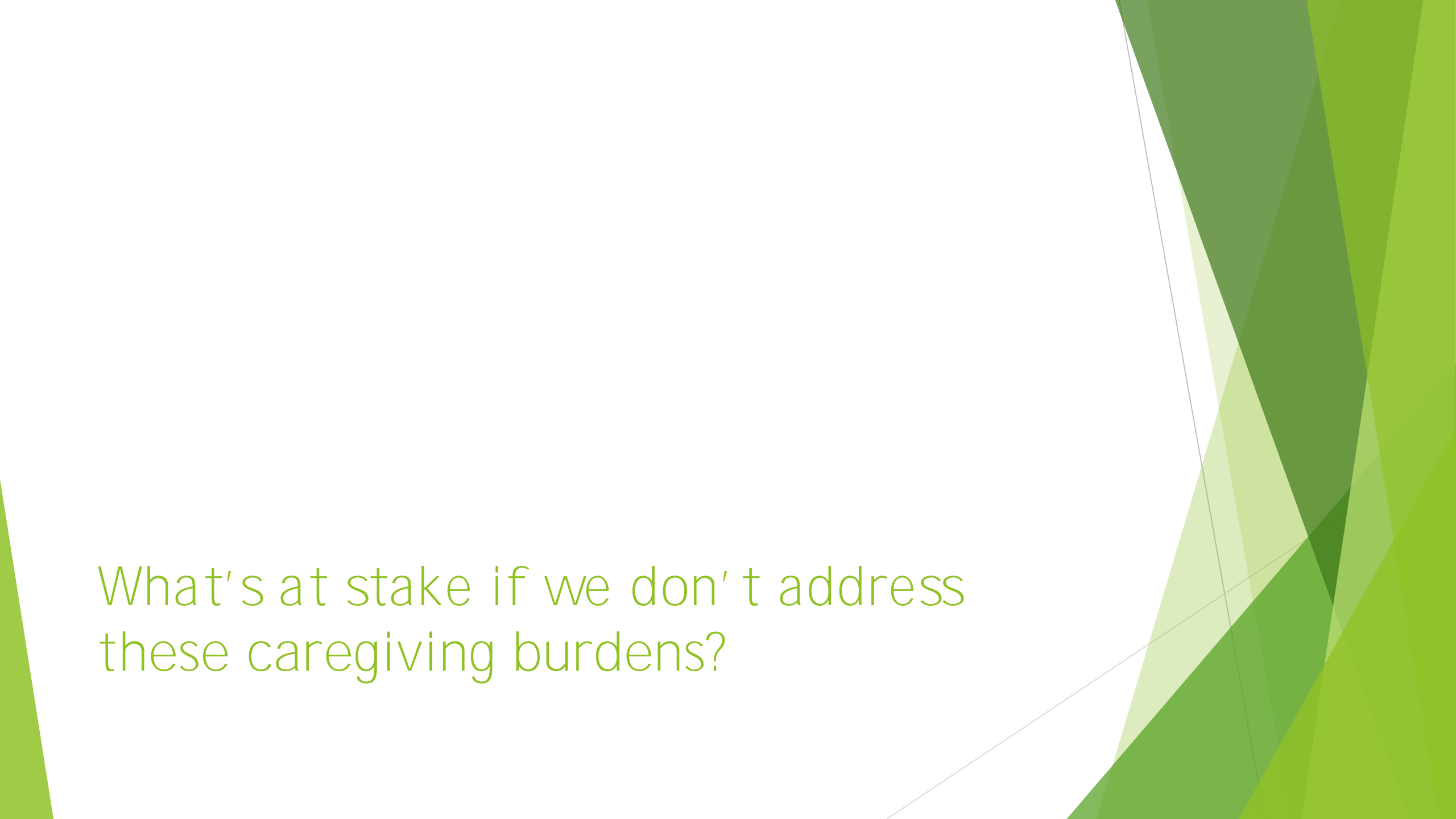
Lead to depression or anxiety

Contribute to feeling angry or irritable

Social

Impact relationships with other loved ones and friends
Feeling isolated and alone



The background features a series of overlapping, semi-transparent green triangles and polygons of various shades, ranging from light lime green to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, abstract design.

What's at stake if we don't address these caregiving burdens?

Create a plan for yourself

What are your goals as a caregiver?

What things are important to you and the person you're caring for?

What helps keep you well and healthy?

Information

Information about disease symptoms and progression

Information about helpful agencies and resources

Practical hands-on caregiver training

Respite

Can include

- In-home care

- Adult day programs

- Short-term respite in LTCC

Can lessen behavioral symptoms with some diseases

Allows self-care and contributes to more meaningful times when together

Can help with most challenging aspects of caregiving

Creating respite zones

Identify a space in your home that you find relaxing

Fill it with meaningful items (pictures, trinkets)

Create a welcoming sensory experience

- Essential oil diffuser, candles

- Comfortable pillows, blankets

- Soft lighting

- Music

- Snacks, drinks

Support

Building your team!

Medical Care

Does YOUR doctor know you are a caregiver?

Tell him/her about your situation

Stress will complicate health problems

Don't skip appointments for yourself (or your loved one)

Make it easier on yourself to get care

If you have the same doctor as your loved one, schedule the appointment on the same day

Mail order medications or a delivery service



Peer to peer support groups

Learn from other's experiences

Gain meaningful connection and relationship

Online or in-person options

Counseling

Gain perspective from an objective party

Develop good coping strategies

Process trauma and grief of caregiving



Counting Exercise



Prayer, religious readings, and spiritual reflection

Consider your individual beliefs and background and how that integrates into your well-being.

Listening to Music

Listening to music and playing a favorite song or type of music can help to bring you back in the moment and relax

Visual Imagery Exercise

Close your eyes and imagine a relaxing object, place, or activity.

Free Guided Meditation downloads from UCLA Mindfulness
Awareness Research Center

<http://marc.ucla.edu/body.cfm?id=22>

FREE Apps for iOS or Android:

Insight Timer

Thank you!

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