

emmucare

HOME HEALTH

Care Centered Around You

DEMENTIA TRAINING

Understanding, Supporting & Caring for
Individuals with Dementia





OBJECTIVES

By the end of this training, participants will be able to:

- ▶ Understand what dementia is and how it affects the brain
- ▶ Identify common types and stages of dementia
- ▶ Recognize behavioral and emotional changes
- ▶ Provide person-centered care and support
- ▶ Manage challenging behaviors safely and compassionately
- ▶ Apply effective communication strategies

WHAT IS DEMENTIA

- Dementia is not a specific disease, but a general term for a decline in mental ability that interferes with daily life.
- It affects memory, thinking, behavior, and the ability to perform everyday activities.
- It is caused by damage to brain cells that affects communication between them.

Common Types of Dementia

- **Alzheimer's Disease** – most common; gradual memory loss and confusion
- **Vascular Dementia** – caused by reduced blood flow to the brain
- **Lewy Body Dementia** – hallucinations, sleep issues, movement difficulties
- **Frontotemporal Dementia** – affects personality, language, and behavior
- **Mixed Dementia** – combination of two or more types



SIGNS & SYMPTOMS

- ▶ Short-term memory loss
- ▶ Poor Judgment
- ▶ Withdrawal from social activities
- ▶ Difficulty communicating or finding words
- ▶ Changes in mood or personality
- ▶ Disorientation to time or place
- ▶ Difficulty completing familiar tasks

STAGES OF DEMENTIA

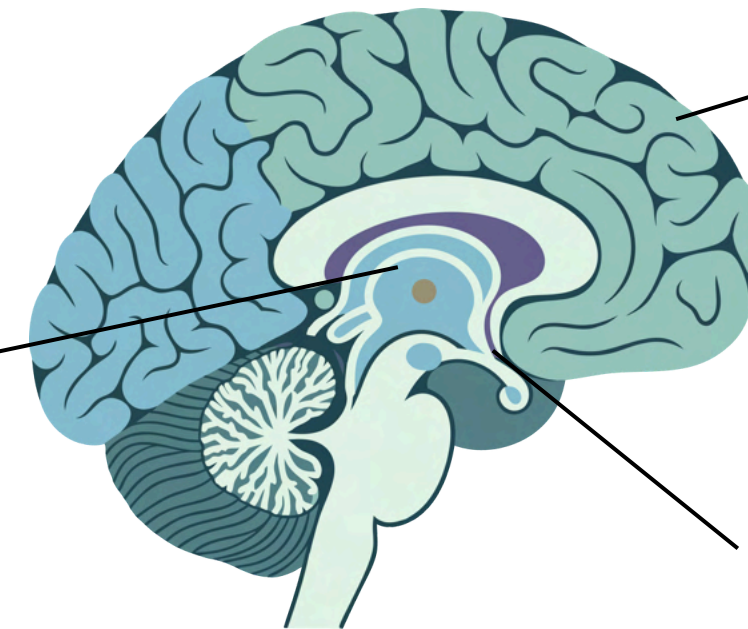
1. **Early Stage:** Forgetfulness, misplacing items, subtle changes
2. **Middle Stage:** Increased confusion, difficulty with daily tasks, mood changes
3. **Late Stage:** Severe memory loss, loss of physical function, full care required





How Dementia Affects the Brain

Communication pathways weaken



Thinking and reasoning decline & emotional regulation is impacted

Memory areas shrink (hippocampus)

Person-Centered Care

01

Focus on the individual, not the disease

03

Encourage independence when possible

02

Respect preferences, history, and routines

04

Create a safe and familiar environment & show patience and empathy

COMMUNICATION TIPS

DO'S

- Use short, simple sentences
- Maintain eye contact
- Speak calmly and clearly
- Use gestures or pictures if needed

DONT'S

- Arguing or correcting
- Rushing or interrupting
- Using "Why" questions that may cause frustration

MANAGING CHALLENGING BEHAVIORS

COMMON BEHAVIORS

- Agitation or restlessness
- Wandering
- Repetitive speech
- Aggression or resistance

STRATEGIES

- Stay calm, validate feelings
- Redirect or distract with familiar tasks
- Identify triggers (pain, hunger, confusion)
- Never take behavior personally



Emotional Support

- ▶ Listen and validate emotions
- ▶ Offer reassurance and touch when appropriate
- ▶ Avoid criticism or confrontation
- ▶ Foster meaningful connection through music, photos, or conversation

Environment & Safety

- ▶ Keep surroundings clutter-free & remove hazards (cords, rugs, chemicals)
- ▶ Use labels and signs for orientation
- ▶ Ensure good lighting and non-slip flooring
- ▶ Use alarms or monitoring systems when necessary

Family & Team Collab

- ▶ Communicate observations regularly
- ▶ Share changes in behavior or abilities
- ▶ Involve family in care planning
- ▶ Support family understanding and education

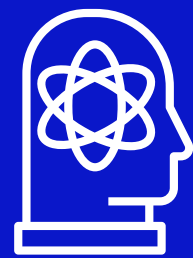
Self-Care for Caregivers

- ▶ Dementia care can be emotionally demanding
- ▶ Take breaks, set boundaries
- ▶ Seek support from team or supervisor
- ▶ Practice stress-relief activities (breathing, exercise, journaling)

Daily Care Tips

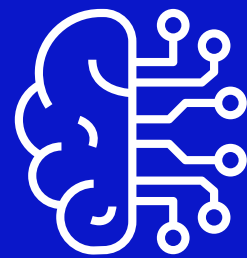
- ▶ Maintain a routine & offer choices (e.g., clothes or meals)
- ▶ Allow extra time for tasks
- ▶ Celebrate small successes
- ▶ Encourage activity and movement & ensure hydration and nutrition

CASE STUDY DISCUSSION



Example

Mrs. Jones becomes agitated every evening around dinner.



Question

What might be causing this?



Discussion

- Possible “sundowning”
- Hunger, fatigue, or overstimulation
- Strategies: Adjust lighting, play soft music, offer snack

KEY TAKEAWAYS

- Dementia affects each person differently
- Patience, empathy, and understanding are key
- Communication and consistency matter
- Safety and dignity should always guide care

RESOURCES

- Alzheimer's Association: www.alz.org
- Dementia Care Education Resources
- EmmUcare Home Health Training Manuals
- Supervisor or Case Manager for Support

KNOWLEDGE CHECK

- What is the most common form of dementia?
- Why should we avoid arguing with someone who has dementia?
- Name one way to make the environment safer.





HOME HEALTH

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THANK YOU!

Thank you for your dedication and compassion! Your care makes a difference every day.

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