



When is it time to place?

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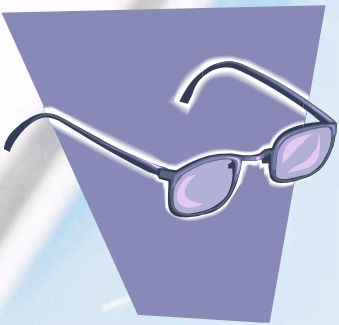
Early- Mild Alzheimer's/Dementia

- Caregiver provides minimal support and reminders daily
- No apparent home safety risks
- No agitation, aggressive behavior or wandering



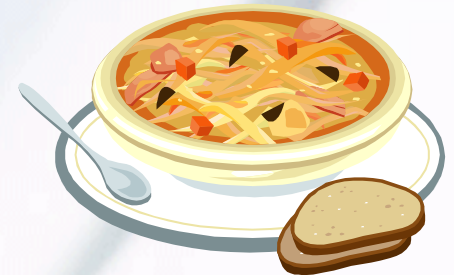
Early- Mild Alzheimer's/Dementia

- Providing prompts and cues to help loved one recall recent events and daily routine
- Provide direction and visual cues to find often used articles, clothing and possessions
- Provide verbal cues when in social gatherings (offering names of friends)



Early- Mild Alzheimer's/Dementia

- Love one needs some assistance with self care (provide set up and monitoring for bath or shower, reminders to change clothes, reminder of toilet before leaving the home)
- Reminding loved one to eat may be all that is necessary (setting the table, fixing the plate of food, sitting and sharing a meal)



Moderate to Late Stages

- Caregiver's duties become much more involved and may alter the relationship between loved one and caregiver



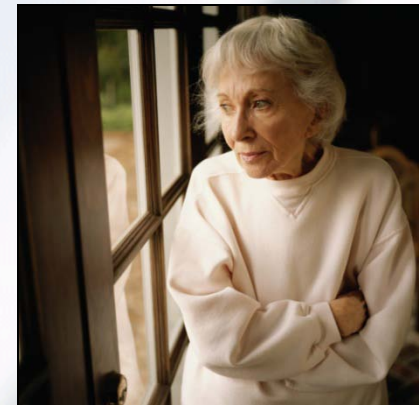
Moderate to Late Stages

- Providing more physical assistance with personal care, assistance with bathing, dressing and toileting
- Loved one may not recognize spouse or family members



Moderate to Late Stages

- Loved one may become restless and/or agitated later in the day (Sundowning)
- Loved one may develop incontinence of bladder and bowel
- May become suspicious or paranoid of caregivers, loved ones or visitors



Effects on Caregiver

- Progression of the disease causes increased emotional and physical stress on the caregiver
- Relationship is altered from partner to physical care provider



Effects on Caregiver

- Caregiver experiences frustration, sadness, anger, depression, overwhelming exhaustion and resentment
- Caregivers agonizes over promise made at different time in life "not to place"
- Effects of stress on the caregiver can cause physical illness in the caregiver





When is it Time?

- When the care required is greater than the caregiver can realistically provide
- The caregiver may be:
 - Worn out from months or years of care giving
 - Become physically ill or clinically depressed
 - Finding it too difficult to continue and is totally fatigued from attempting to manage behaviors to keep their loved one at home

When is it Time? Behaviors to look for

- Safety Hazards – Exit seeking, unsafe with cooking, electricity or equipment
- Unwillingness to go to bed or walking around the house during the night
- “Sundowning,” increased agitation and resistance



When is it Time? Behaviors to look for

- Aggressive behavior
- Incontinence
- Lack of motivation
- Leaving the loved one in the house alone - Could they get out of the house in an emergency i.e. an electrical fire, a stove fire, a water leak- could they contact you or dial 911 for help?



Wandering –

The greatest fear & biggest risk

- There are studies that show that approximately 70% of people with Alzheimer's Disease will at some time during the disease process wander from their homes and get lost.
- According to researcher Robert Koester it is estimated that 31,000 Alzheimer's patients walk away from home or caregiver per year.



Wandering –

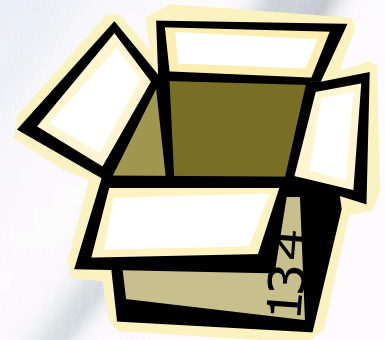
The greatest fear & biggest risk

- If found within 24 hours, they will return home safely, if not found within that time the survival rate drops by 50%.
- When the person walks away, they become increasingly confused and frightened; they may wander off the road, making it very difficult to be found. These are life threatening incidents.



Moving Day - Smoothing the Transition

- Moving from one home to another can trigger anxiety for anyone
- For a person with Alzheimer's Disease, a changed routine and unfamiliar environment can be extremely stressful
- A new environment can be frightening



Moving Day - Smoothing the Transition

- Plan Ahead
 - If possible, talk to your loved one about their preferences in living arrangements before the move is imminent
 - Make short visits together to share a meal or participate in activities
 - Schedule 2-3 full day Respite Day Care visits



Moving Day - Smoothing the Transition

- Add familiar touches
 - Make their new room look as familiar as possible with personal items
 - Decorate the area with artwork from home and familiar belongings
 - Stock the space with pictures of family and friends to bring important memories into the present



Moving Day - Smoothing the Transition

- The Big Day
 - Plan to move your loved one during their “best” time of the day
 - Do your best to stay positive – your attitude can help your loved one feel safe and secure in a new environment
 - Avoid discussions of finality, permanent place, or “Your New Home”
 - Present as “This is what we are going to do for now, let’s try it out”



Coping with the Placement of Your Loved One

- Don't see the placement of your loved one as a personal failure
- The decision to move a loved one is highly emotional
- The continuing feelings of guilt and caregivers distress after the placement demonstrates the need for help during the placement process and that should continue throughout the time the loved one is in long term care
- Embrace the ability to return to your role as: spouse, daughter, son, etc.

Coping with the Placement of Your Loved One

- Despite emotional difficulties, many caregivers also experience feelings of relief because their loved one is in a safer place and under the constant care of trained professionals



After the Placement



- Familiarize yourself with the facility
 - Executive Director
 - Caregivers
 - The facility layout
 - Activity Programs Available
 - Transportation Available
 - Dining Room and meal times
 - Facility support groups

After the Placement

- Interacting with facility staff after the placement
 - Remember that no one can replace your role as family member
 - Set realistic expectations
 - Express concerns and praise to managers, not line staff
 - Be an advocate for your loved one, respect other residents and their privacy needs

Staying in tune with Your Loved One's Care

- Routine monthly or quarterly care plan meetings – goals & outcomes
- Monitoring changes of condition - as disease progresses their needs and care will change
- Plan for the future



This presentation is available at our
Alzheimer's Care Solutions website:

<http://www.alzheimerscaresolutions.com>

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