

Alzheimer's Care Initiatives

Caring for a loved one suffering from Alzheimer's or dementia requires patience. CareTime caregivers are specially trained in the care of Alzheimer's patients and are equipped to deal with the moods and difficult behaviors of their clients. Families often have no experience to draw from and are not sure where to turn for help.

CareTime is affiliated with a nursing assistant and home health aide training facility and our instructor work one on one with each and every caregiver regardless of their level of experience to assure they are well versed in our specific quality measures and methodologies for working with Alzheimer's and dementia clients.

- **Smile!**
- **Gentle** nature and soft voice (clients often respond to your voice and body language, not the content of your words)
- **Relaxed body language**, they will detect the slightest tension.
- Never **argue**, instead **agree**.
- Never **reason**, instead **divert**.
- Never ever **shame**, instead **distract**.
- Never say “**you can't**” instead say, “**do your best.**”
- Never **command or demand**, instead **ask** or **model**.
- Never **condescend**, instead **encourage and praise**.
- Never say “**remember**” instead **reminisce**.
- Never say “**I already told you,**” instead just **repeat**.
- Never **lecture**, instead **reassure**.
- Never **force**, instead **reinforce**.

Take care of yourself; be patient, Get HELP when you need it! Try imaging what it would be like if your every thought was hijacked into a maze of random stimuli and confusion was the only destination. Your loved one may remember to put food in their mouth but forget to chew, and then forget to swallow. They may walk to a door and be fearful of walking through it. Sequencing becomes very difficult, the brain scrambles and re routes the thought patterns. It's difficult we understand that, and CareTime also knows you can't do it alone, we're here to help!

