

MODULE 4

Providing everyday care



01 Eating and drinking -
more pleasant
mealtimes

02 Eating and drinking -
preventing health
problems

03 Toileting and
incontinence care

04 Personal care

05 An enjoyable day

1. Eating and drinking - more pleasant mealtimes

Meals and socializing:

- Make sure to include people with dementia in the eating process. Eat with the patient, let them participate in this social occasion, do not isolate them.



Meals and socializing:

- Sometimes people with dementia may be clumsy in the process of eating, make a mess or even chew noisily. In these cases, we have to accept it, we have to normalize it because it is part of the disease. We also have to consider their safety because it plays an important role (e.g., we can use wooden plates). When we are the ones preparing their food, we have to think about what is appealing to them in order to approach them.



Meals and behavioral activation

Make them feel important by participating in the cooking process. Behavioral activation means getting the patient to do something.

- ❖ Keep safety in mind! They can get hurt, so you need to be close to them.
- ❖ Let them believe that they are contributing in some way to the process, if it is not easy to involve them in a different way.
- ❖ Don't feed them, be patient. Let the patient participate in the preparation of the meal (taking into account all appropriate safety precautions)

Meals and self-respect

In the aforementioned ways, you help the patient retain their self-respect.

- ❖ Make them feel useful, respect them. If they are able to do things, allow them to do so.
- ❖ By making them activate themselves and respecting them, you protect them from getting depressed.



Factors affecting food and liquid intake

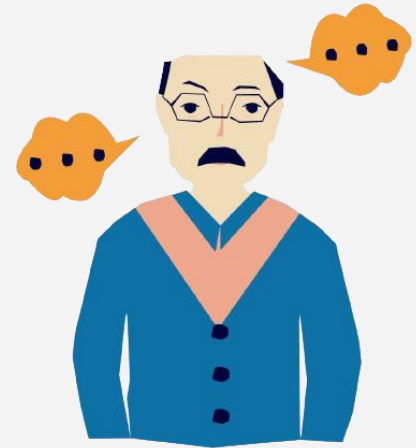
- **Apraxia**
- **Dental problems**
- **Denture issues**
- **Physical pain**
- **Mental issues**
- **Bowel issues**
- **Medication**
- **Obliviousness**



Sometimes patients may forget that they have eaten, in which case we remind them that they have eaten. In case they want to eat all the time, we can offer healthy alternatives.

Regarding mental issues, dementia and depression might happen at the same time. Keep the doctor informed.

Apraxia means that they don't remember things they used to do daily like getting dress, swallow etc. We can guide them or help them or even make them mimic us.

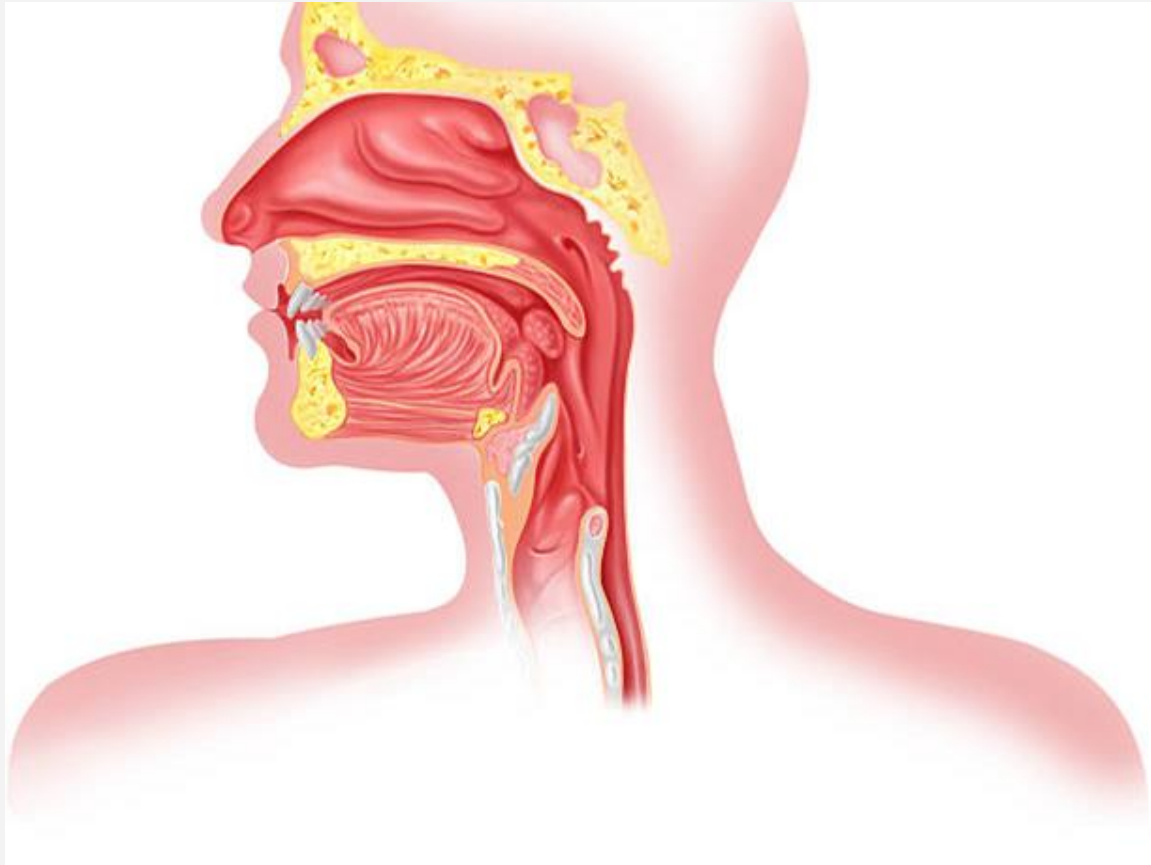


2. Eating and drinking - preventing health problems

Some jargon

- ❑ **Epiglottis**
- ❑ **Larynx**
- ❑ **Trachea**
- ❑ **Bronchi**
- ❑ **Oesophagus**

- **Epiglottis:** like a lid prevents food and liquids from entering the respiratory tract
- **Larynx, trachea, bronchi:** parts of the respiratory tract
- **Oesophagus:** the tube that connects mouth and stomach





Aspiration pneumonia

Aspiration pneumonia

- ❓ A very serious **infection of the respiratory system** that is caused by the **entering of food and/or liquids in the lungs**.
- ❓ In order to minimize the risk for this infection, the patient should **eat/be fed and drink/be hydrated in an upright position**. We have to be very careful when we feed them or when they eat by their own. They need to be put in an upright position. Their back should form a **90 degrees** with their foot. That way we minimize the danger of aspiration.

❓ Jelly is a good alternative when it comes to food. Serve food the way you would like your food to be served, Often they refuse to eat food because it doesn't look tasty. That's why we have to improvise.



Hyperorality

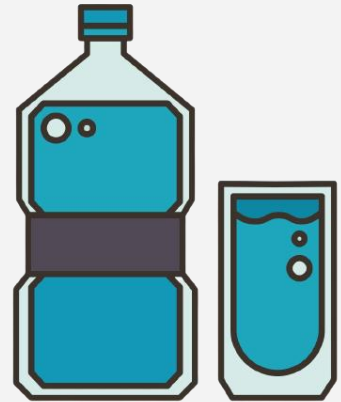


Hyperorality

**Is a tendency or
compulsion of
someone to place
edible or non edible
objects in their
mouth**

Dehydration

- Common in the elderly
- It affects, among others, brain function (It affects the kidneys, the whole body and the brain as well it doesn't function properly.)
- Check the skin, the lips, the tongue for signs of dehydration
- NB: there are serious medical conditions that put limits to the allowed quantities of liquid intake. We have to remind them to stay hydrated, but we should consider some conditions that don't allow patients to eat foods that contain water.



3. Toileting and incontinence

- It is a pleasant process - **provoking pleasant feelings**
- ❓ Helps maintain cognitive functions and maintain the identity of the person with dementia (continuity of the person's identity from the past to the present)
- A **common field of discussion** is created between the person with dementia and their carer
- ❓ It boosts a person's **self-confidence**



As caregivers we can use some signs to facilitate their way to the toilet

- ❑ Use signs to remind the patient the way to the toilet
- ❑ Facilitate the way to the toilet with a night light
- ❑ Consider the use of a bedpan
- ❑ Avoid liquid intake at night
- ❑ Remind the patient to go to the toilet
- ❑ Keep a urination/defecation calendar

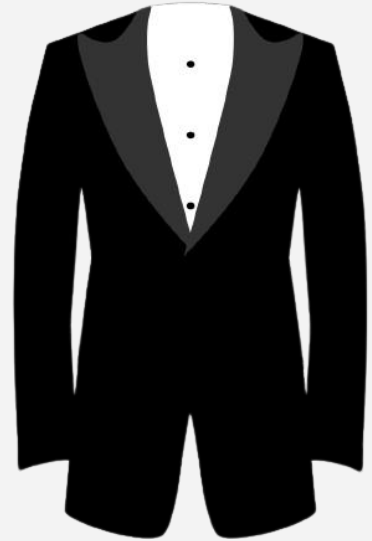


4. Personal care



Dressing up

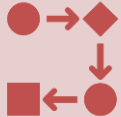
- Let the patient try on their own to get dressed if possible, otherwise facilitate them
- Let them choose their clothes or give them options
- Help them feel attractive
- Help them feel comfortable and functional in their clothes



Personal care



It is better for patient to wear proper clothes not pajamas. Boost their confidence even by going to the hairdresser. We also take into consideration safety, not letting them wear a necklace for example that might cause danger. (also laces, not stable heels.)



We should help them make their choices in a very tactful way, without trying to force them to do what you want them to do.

Scenario

It is important for patients to have a routine to follow

- **Scenario:** write down a schedule for a patient for one day, for the time they wake up until the time they go back to sleep

Mouth hygiene

- Mouth hygiene **reduces the risk of aspiration pneumonia**
- Dental pain may cause **irritation** and **food intake denial**
- **Take care of the denture**
- Take off the denture when the patient is in a **lying position**



5. An enjoyable day

- Keep a routine
- What hobbies did the patient have?
- Be ready for adaptations according to the patient's abilities





Exercices

- ❖ 1) List as many activities as you can which could be incorporated in the daily routine of a demented person.
- ❖ 2) List some clothes and accessories which you would not choose for a demented person.