

Dementia Caregiver 8-11-26

Audio	Video
[Sha'matt] Good evening. My name is Sha'matt McCall and me and my coworker. We will be talking to you guys about respect in in-home care today, so only if you guys have any questions or concerns you can put them in the chat. And I'm going to be sharing the PowerPoint with you in just one second.	Woman with medium complexion, wearing glasses and a red t-shirt with dark hair pulled into a high ponytail sits in an office with a painting of a beach behind her. (Sha'matt)
Okay. So once again, my name is Matt McCall. I'm a social worker here at the LSU center for Brain Health. I also act as a care navigator as well.	Slide presentation comes up and the camera box shrinks to a tiny box in the top right corner. The slide background is a dark magenta with a lighter gradient in the middle. There is an L S U Health Shreveport center for Brain Health logo in the bottom right corner. White Text: Respite & In-Home SHA'MATT MC'CALL, L m s w APRIL STRICKLAND, C T N

Audio	Video
Okay, so first I'm going to go into detail about the three levels of in-home care. Now the first level is companion care. And with companion care it provides company and social support, helps with meals, errands and light housekeeping, and is also best for people who are mostly independent. Now the next level is personal care. Now with the second level, it helps with bathing, dressing and grooming. It also assists with walking, eating and using the bathroom. And that second level of personal care is best for people who need help with daily activities. Now the third level is the scale home health care. Now let's give home health care. It provides medical care in the home. This may include nursing, therapy and medical I'm sorry, medication support. And this is best for people with medical or rehab needs.	White font on previous background Titled 3 Levels of In-Home Care With bullets under each item on list 1. Companion Care ▪ Provides company and social support ▪ Helps with meals, errands, and light housekeeping ▪ Best for people who are mostly independent 2. Personal Care ▪ Helps with bathing, dressing, and grooming ▪ Assists with walking, eating, and using the bathroom ▪ Best for people who need help with daily activities 3. Skilled Home Health Care ▪ Provides medical care in the home ▪ May include nursing, therapy, and medication support ▪ Best for people with medical or rehabilitation needs
Okay. So adult care center and skilled nursing facility. So I'm going to define what the adult day scenario. So the day center provides group day time care activities meals and supervision at a central location. It is designed for adults who live at home. Now the skilled nursing facility respite is short term care provided in a nursing facility. When a caregiver needs a break, the person can receive 24 hours supervision, personal care, meals, and medical support during their stay.	Slide titled Adult Care Center & Skilled Nursing Facility Two columns on left: Adult Day Center: Provides group daytime care, activities, meals, and supervision at a central location. It is designed for adults who live at home. Column on right: Skilled Nursing Facility (SNF) Respite: Short-term care provided in a nursing facility when a caregiver needs a break. The person can receive 24-hour supervision, personal care, meals, and medical support during their stay.

Audio	Video
Now, when we talk about respite care options, respite care, in simple terms, is care that gives family caregivers time to rest, attend appointments, work, or take care of personal needs while their loved ones receive safe and supervised care. Now, with the Dad program, these are the type of services, an estimated cost. And it also shows you in this table what you receive. Now, if someone was wanted to get the in-home respite care, the estimated cost would be about \$130 in what you receive. With that will be four hours of care in your home. Next is the adult day center. The estimated cost for that is \$100, and that includes up to eight hours of care at an adult daycare center. Now, the skilled nursing facility recipe is about \$300 and it's 24 hours of respite care.	Slide titled Respite Care options With description: respite care gives family caregivers time to rest, attend appointments, work, or take care of personal needs while their loved one receives safe, supervised care There is a chart below listing types of care with an estimated cost and what is received.
Okay, so we are partnered with these different, agencies to provide the respite service. Now, the first one I'm going to talk about is the ABC agency, which will help provide the personal care. And once again, in-home respite care helps with meals, errands, and light housekeeping. Give caregivers time away while their loved ones receive support. Another company will be Allegiant and Ark-La-Tex Home Health, and they provide scale home health, which again includes providing medical care and a home, and which may include nursing therapy and medication support. Again.	Slide titled Respite Service Partners with bullets below each item ABC Agency – Personal Care • In-home respite care • Helps with meals, errands, and light housekeeping • Gives caregivers time away while their loved one receives support Allegiance & ArkLaTex Home Health – Skilled Home Health • Provides medical care in the home • May include nursing, therapy, and medication support
So right now we don't have an official partner, agreement yet for the skilled nursing facility respite. But just a reminder. Again, it provides a short term 24 hour care and is an option when a caregiver needs an extended break. In the end for the daycare, the adult daycare, while the bridge does have adult daycare and they provide the risk services for adult daycare. They provide a safe and supervised setting during the day. They offer activities and social interactions, and they also allows caregivers to work, run errands, and or take a break if they need to.	Slide titled Respite Service Partners with bullets below each item No Official Partner Agreement Yet- SFN • Skilled nursing facility respite • Provides short-term, 24-hour care • An option when a caregiver needs an extended break The Bridge Adult Day Care • Adult day respite services • Provides a safe and supervised setting during the day • Offers activities and social interaction • Allows caregivers to work, run errands, or take a break

Audio	Video
Okay, now I'll pass it over to April. You go ahead and talk about the activities of daily living.	Slide titled Hints for Activities of Daily Living (ADLs) with bulleted list Appears. The camera box in the top corner shows the speaker leaving her chair and another woman taking her place. She has a medium complexion, short dark hair swooped over her forehead and is wearing a denim vest (April)
[April] Hello. How are y'all doing today? I am April Strickland. I'm a care team navigator. I will be giving you some information on in-home care, ADLs, which is the activities of daily daily living. So we're going to start right here for the hints for activities of daily Living. To so we're going to start right here and establishing a routine. To schedule tasks around the same time every day. So this is a ADLs means every day that you would do the same thing. For your person that you're caring for. And then if you or for yourself this year, it'll be best to just go by the same thing every day. Stick to your plan. Okay. So, we have here give instructions. That means break down all tasks step by step. Respect the privacy of others. Closed doors, the blinds and use body coverings. If you have to bathe someone and they are in the bed, you want to cover their bodies and bathe them. It it's better for them not to be exposed. Encourage independence. If they can't help you, let allow them to help and assist you. Promote a sense of accomplishment, for them. Give encouragement and support them. Acknowledge and praised them for the task that they have completed on their own. That helps them to, build confidence and do it themselves.	Slide titled Hints for Activities of Daily Living (ADLs) with bulleted list • Establish a routine - schedule tasks around the same time. • Give instructions - break down all tasks step-by-step. • Respect privacy - close doors, blinds, and use body coverings. • Encourage independence - help to promote a sense of accomplishment. Give encouragement and support - acknowledge and praise them for tasks completed.

Audio	Video
Okay, here we are. Always tell the person what you're doing before you touch them. Explain to them, the procedure that you're going to do for them. How are you going to do it? And always remain calm with them. Moral behavior alongside the person. Is that what I mean? Model behavior means if you if they brush their teeth, you can stand alongside of them and have your hand in your mouth just, and in front of your mouth and act like you're brushing your teeth. Decide what's most important, whether you know, for them. That will be your decision. Decide what's most important to them for you to do for them at that time. Ally, allow extra time to decrease, stress. Give them much time. They need to brush their teeth. Most times, they need to bathe. If they want to button that shirt up, give them much time as they want.	Slide titled Helping with Activities of Daily Living (ADLs) with bulleted list Always: • Tell the person what you are doing before touching them. • Remain calm. • Model behavior alongside the person. • Decide what's most important. • Allow extra time to decrease stress.

Audio	Video
Okay, we're going to talk about the ADLs routine. So this will be your daily routine. So we're going to start with toileting bedside commodes. Or your urinals may be helpful. Schedule routine bathroom visits to prevent accidents. So just say, in the middle of the night. You just might want to wake up and just help them. Assist them to the bathroom or a bedpan if needed. Especially if they're, heavy water. Or they frequently use the restroom and use proper, lots of blaring bowel control products, such as diapers. Depends. Some some ladies they may want to use. Besides the the pants or diapers, they may want to use extra padding for the inside of their, their diapers or. That depends. Okay, so now we're going to dental care. This stuff is going to be the mouth care. So we use this would put into place on the toothbrush and allow them to brush their teeth if they can. Some people can be guided. If they can, if they are able to keep steady, then you can guide them and help a system brush their teeth. And then denture care should be done daily before and after meals. Yeah. Always. Of course you're going to brush your teeth before you get up in the morning, but also after after, breakfast. You want to give them dental care? Clean their mouth out with a good look. So, I mean, I say up, I'm sorry. I would have water and, maybe Listerine or something like that, or soap or the dental cleanser that they have. An examiner they examined for redness or soreness of the gums and make sure that dentures fit properly inside their mouths with the, fix it in or whatever that they may be using for that denture at that time.	Slide titled ADL Routine with bulleted list Toileting ▪ Bedside commode or urinal may be helpful ▪ Schedule routine bathroom visits to prevent accidents ▪ Use proper loss of bladder and bowel control products Dental Care ▪ Assist with putting toothpaste on the toothbrush and allow them to brush their teeth ▪ Denture care should be done daily before and after meals ▪ Examine for redness or soreness to the gums ▪ Make sure dentures fit properly

Audio	Video
I'm sorry. Yeah, there's something behind me I need to cut off. Okay. We're going to go to bathing now. So complete baths. Complete baths may be done. May not be done daily. A sponge bath may be enough if the person does not, want to go into the shower. Some people are cold natured and may not want to go to the shower and just want to do a liquid sponge bath. That is okay, too. It's not always best to take them to the shower, but if they are able to, then that is fine. And always check water temperature in the bath a shower before putting one in. Put your hand up to the faucet to see if the water's at a good temperature for you. Normally on the inside of your hand you can test like that. Use handle handheld shower heads is best to use that in case you're getting ready to wash their hair. Place your hand on theirs to help with bathing. So say, for instance, somebody want to bathe themselves. You can put the soap inside the towel and let go of their hand. And you can also rub with them and use a bath chair to help with stability. Well, chairs are always good. To help get them in and out of the shower, they going to happen is they have something to hold on to or sit in and watch face. Then the body, then the general area and then the feet. So we're going to go clean is to dirty is always. So we don't transfer any bacteria in any it's anything to the face area or your, personal area. And do not rub but pad dry the skin. Then apply proper skincare. So reason why you don't rub because, you elderly people sometimes skin are very sensitive and it's easy to tear. So you don't want any tearing. And it's very easy to see a while wet. So we always want to dry the skin and then apply the lotion or, Vaseline. I will say is best for, older skin. Vaseline is very good. Okay.	Slide titled Bathing Bathing • Complete baths may not be need daily, sponge bath may be enough • Always check water temperature in bath or shower • Use handheld showerhead • Place your hand on theirs to help with bathing • Use a bath chair to help with stability • Wash face, body, genital area, and then feet (cleanest to dirtiest) • Do not rub, but pat dry the skin, then apply appropriate skincare

Audio	Video
Okay. Now we're going to go to the shaving and hair care. So for, if you're shaving, males are very good. So you put the hot towel on their face. Let it soak. Let it sit for about two minutes before shaving so you can soften up the, hairs on their skin. And it's best to do it in the shower, because once you're saving, of course, the hair is. oing to, drop off into the water there to be a very easy cleaner for you and use a little razor to reduce the risk of cuts. Electric razors are very, very good. Besides the ways that you can hail because it's easy to cut someone's face. Shampooing and conditioning hair can be done also in the shower or the sink is the preference of, like, ask of you or the person that you care. And for if it's easy for them to go to the sink, then they can be. There may be a first preference for them, but to be easier on you and them is best to shower and condition the hair inside the tub, and also that they're available back bed bound patients or they can't get up for some reason. You can always use dry shampoo. It is good and it can be used up only for people and patients that are fear of water. Well, so you're going in of getting a hair wash at once. Whatever your their discrepancy is, you can judge for yourself.	Slide titled ADLs (continued) with bulleted list Shaving and Hair Care • If shaving, it's best to do it while showering • Use electric razor to reduce the risks of cuts • Shampooing and conditioning hair can be done during shower or the sink • Dry shampoo can also be used if person is bed-bound or fearful of hair washing
Okay. So dressing in the morning time when they are getting up, if they can, you can let them choose the cloud in their own day. Give them a self for independence. Clothing should always be loose fitting for easy access. You know, you always want to make sure they get on some loose clothes so it can be easy to pull them up or pull them down when they're going to the toilet. Belt should be larger to adjust snugness. So say, for instance, if somebody is is larger and they may need, they're going to need a larger bill. So you can have a big bill. So you can always adjust them to the house to their size so they won't be so tight on their body. Always get bigger as soon should be closed. Be closed in with Velcro closure or easy slip ons that will help, assist with you so you won't have to struggle, for them when they shoes, they feed into the side of the shoe and also is, slip resistant, so they won't fall.	Slide titled ADLs (continued) with bulleted list Dressing • Let them choose clothing if they can • Clothing should be loose fitting for easy access • Belts should be larger to adjust snugness • Shoes should be closed, with Velcro closure or easy slip-ons
Okay, we're going to eating. I think I went up, so for y'all.	Slides flip through trying to find the correct one

Audio	Video
Okay. Provided nutritious diet plan. So, you can do a weekly. Daily. However you want to choose plan, make sure they have plenty of water and healthy fluids. I always encourage independence when eating. Use adaptive equipment such as a plate guard or silverware with special handles, just in case they have a problem gripping this 4K spoon. You can always get the spoons with the big handles on them. Never force anybody to eat. To be fed, encouraged to choose food all the way before swallowing. Allow them to have small bites at a time. Watch for choking. Allow plenty of time for eating. Promote quietness to reduce distractions. Like, turn off the TV. Anything that they may look at and stop them from eating is very important that, they finish what they're doing before they focus. Get on something else. Provide access. Accessible snack. So if you you want to put some food in ice box, you just want to put it in a bowl. If you can use a closed container to put them in just so they can go in and get it themselves, or you can leave it open. This is long day. As long as it's, accessible to them.	Slide titled ADLs (continued) with bulleted list Eating • Provide a nutritious diet plan, with plenty of water, and healthy fluids • Encourage independent eating • Use adaptive equipment such as plate guards or silverware with special handles • Never force feed, encourage to chew food all the way before swallowing • Watch for choking • Allow plenty of time for eating • Promote quietness to reduce distractions, turn off TVs • Provide accessible snacks

Audio	Video
Okay. Home safety checklist for your kitchen. So what do we want? To keep all cleaning supplies in this? And securely locked cabinet where they can't get to them. Keep our laundry detergents, pots, and bleach out of sight. We don't even want them to see those things because they get confused and they may think it's something to eat. Remove stove knobs if possible on your stove or you to turn off. I see something where I say turn. Turn off the gas. If it's possible, make sure smoke and carbon monoxide detectors are inspected and have fully charged batteries. You want to check that monthly and make sure that fire extinguishers is accessible and working properly. Prepare and then you use. Some people don't know how to use virus. So, if you can make sure that you have a, virus, seeing a procedure on how to use the fire extinguisher right by your fire waste your fire extinguisher. Extinguisher. Prepare and refrigerate. Ready to eat food in a close, easy to assist. Container. Refrigerate drinks in a cup that has a closed lead with a straw so they don't have so they won't even have to spill it. All they have to do is pick it up and drink on it. Keep poison control numbers handy. You can put them on the ice box. You can get a magnet, or you can put them on the outside of your cabinet.	Slide title Home Safety Checklist with bulleted list Kitchen • Keep all cleaning supplies in a securely locked cabinet • Keep all laundry detergents/pods and bleach out of sight • Remove stove knobs if possible • Make sure smoke and carbon monoxide detectors are inspected and have fully charged batteries • Make sure fire extinguisher is accessible and working properly • Prepare and refrigerate ready to eat food in a closed, easy to access container • Refrigerate drink in a cup that has a closed lid with straw. • Keep poison control number handy

Audio	Video
Remove all expired foods. Don't leave anything in the icebox or the bread box where they can just go in and eat in may cause them to be sick. Insure chairs have armrests to support them when standing. Make sure to secure large furniture, cabinets, and bookshelves from tipping over. Make sure they are in like beds to be in the corner where they don't have to, you know, go in front of an something, follow them. Remove throw rugs with no gripping agents. So if you have a rug and it does not have, a maybe a plastic thing that's on the bottom of the rug, you want to remove those rows or any words that are from the bathroom and they just real loose. You always want to remove those type of rugs because they're easy to fall and trip over. Remove extension cords and excessive clutter. Excessive clutter that I've seen cause a lot of lot of falls. Remove your shoes. Put your shoes to the side. Maybe under the bed or by the wall. Your lamp cords or your cell phone chargers. Everything should be placed on the side. If you're not using them, then you can just take them out of the socket and just place them and put them up. Have a self removal lock to prevent persons with damage from locking themselves in and locking you out. I'm gonna say it again. Have a self removal lock that you can remove to prevent the person with dementia from locking themselves in and locking you out. Keep firearms in, out of sight. Keep walkways well lit. It's good to have night lights. You can also get night lights that you can plug into the wall. Those are good to have. Provide grab bars for bathrooms and side rails for bed to prevent falls. They'll grab bars. That will be. It can be, you know, also located in your room or in the bathroom. I've seen grab boxes at the room as well. So in the rails are good to have for you to bed to keep the your patient from rolling out or your loved ones, sorry, from rolling out of the bed. Accessible beach side chairs: always keep a side to side of the bed. Sometimes people get dizzy and they may, you know, need to sit down so it's best to keep a side to a by your bed.	Slide titled Home Safety Checklist (Continued) • Remove all expired foods • Ensure chairs have armrests to support when standing • Make sure to secure large furniture cabinets and bookshelves from tipping over • Remove throw rugs with no gripping agent, extension cords, and excessive clutter • Have a self-removing lock to prevent person with dementia from locking themselves in and you out • Keep firearm out of sight • Keep walkways well lit • Provide grab bars for bathroom and siderails for bed to prevent falls • Accessible bed side chair
We're going to watch this video. Small video. It's, home safety video for, kitchen. Can you see the video? Okay.	Screen grab of a UCLA Homes Safety Video

Audio	Video
(The audio is missing from the video)	Video can be found at https://www.youtube.com/watch?v=LneALBpMfE
It was a great, great, great, safety, video. And that for sure, if you guys know anything about those, the child locks. But I'm sure that you can probably find them at Amazon. If you look them up, that is the best way to to lock things up and keep keep them safe if you're not around them. I'll. Right here. There's a wandering prevention I want to talk about. So we have here in Shreveport, in both the friends at a community program. And what that is, is, you go to your local sheriff's office or your community council, all ages or whatever is used in your area. Also, Alzheimer's Association have a 247 hotline that you can call. And so when you do this, you will be providing them with the information for your loved one. Like you give them their your their name, their nickname. You give them that your address, your email address, the gender of who you're looking for, their race, your contact information, a description of your person, and then also in those in. Most important is how to approach your person. I'm always, you know, let them know if the person is, very leery of, strangers and don't approach it there. They may be combative or something like that, but you always want to let them know. Before approaching them. I think this is a good program to have. When you, you know, this just in, just in case something may happen, just in case they get lost, just in case they wander off and you don't know where their. It is best to have this wandering around prevention in your area. If you would like for me to give you some information about the wonderful prevention in your area, you can always call me and let me know where you're in and I can help assist you with those resources.	Slide titled Wandering prevention with bulleted list • Friends of the Community program • Your local Sheriff's office • Your Community Council on Aging Services • Alzheimer's Association 24/7 Helpline (800-272-3900) Providing personal info about person with Dementia • Name/nick name • Address • Email • Gender • Race • Your contact info • Description of your person • How to approach your person
Any questions?	Slide titled Q and A