

FORGET-ME-NOT SPOTLIGHT

IN-HOME DEMENTIA CARE: Tips and Techniques

Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness

This is another of Teepa Snow's DVDs that helps train a caregiver who is caring for a person living with dementia. Teepa Snow is a national dementia trainer and has educated thousands of people who work with people living with dementia.

In this DVD, she explains what a person with dementia thinks and why they may act in certain ways. Disc 1 has three sections: Challenging Situations at Home, Six Pieces to the Puzzle and Gems.

The six pieces to the puzzle are divided between the person with dementia and the caregiver. Three pieces a person with dementia has are the person, their brain change, their wellness and fitness. The three pieces a caregiver has are skill, knowledge and awareness. She addresses each of these and asks the caregiver to see what the person with dementia can do.

Disc 2 is called Comforting Your Loved One. Here roleplaying is used to give caregivers tips on ways to deal with behaviors that may arise. She discusses why you need to know if the person with dementia is an introvert or extrovert. She also explains what you need to look for if the person with dementia cannot tell you.

Teepa discusses the medications used in different dementias, their side effects and other details you need to know about medications. She explains the parts of the brain that are affected and why it is important to know this.

As always, this DVD also addresses the needs of the caregiver – why it is so important that the caregiver takes care of themselves.

Caring for your loved one living with a form of dementia in the home setting can create challenges those on the outside can only imagine. Without a strong

support system and hands-on skills, this very difficult job can easily leave care partners feeling stressed, overwhelmed and isolated. Take the time to watch these DVDs to learn as much as you can about dementia and caregiving.

This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.