

Welcome! We will begin shortly!

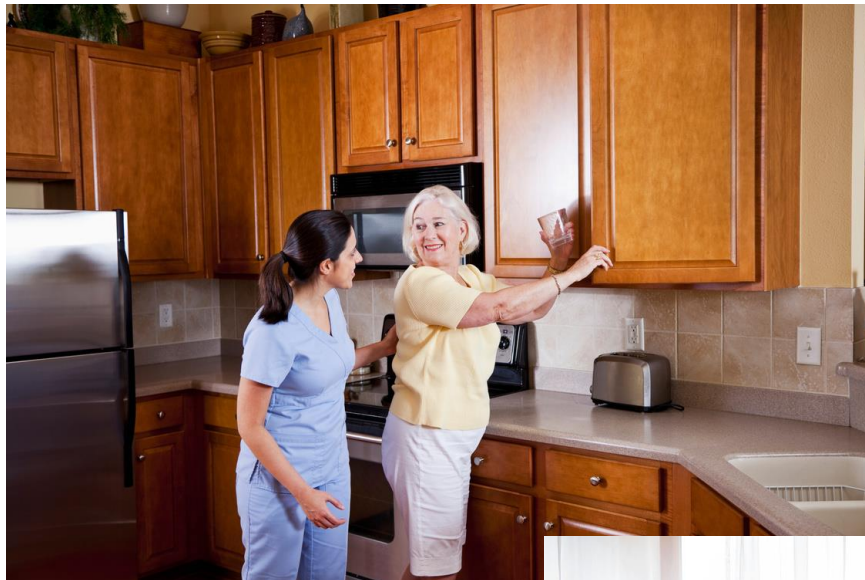
- 1 Enter your name and location into the chat box - left click on the chat icon located on the bottom of your picture.



- 2 You will see a "chat box" on the right part of your screen; click on "type message here" and type your name and your location.



WDT Caregiver Network Caregiver Tools and Techniques Adapting your Environment



Theresa Robinett, MOT, OTR/L

May 26, 2021

Our Vision

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.

Mission Statement

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf



Sabine Schenck



Jenny Wolf

The goal of today's session is to provide you with insights and education on how you can be the caregiver you strive to be.



Scott Veatch



Carol Taylor



Dani Mandelstam-Guerttman

Our Professional Support Team!



Theresa Robinett



Heidi Maxwell

Today's Agenda

1

Welcome and Introductions

2

Educational Discussion : Adapting your Environment, Theresa Robinett, MOT, OTR/L

3

Caregiver Experience: Everyone

4

Thank you

We are in this together

Today we will discuss...

Definitions:

- Environment
- Occupational Therapy

Techniques and Approaches

- Early Stages
- Middle Stages
- Late Stages

General Physical Environment



Today's Speakers



**Theresa Robinett, MOT, OTR/L
Casper College**



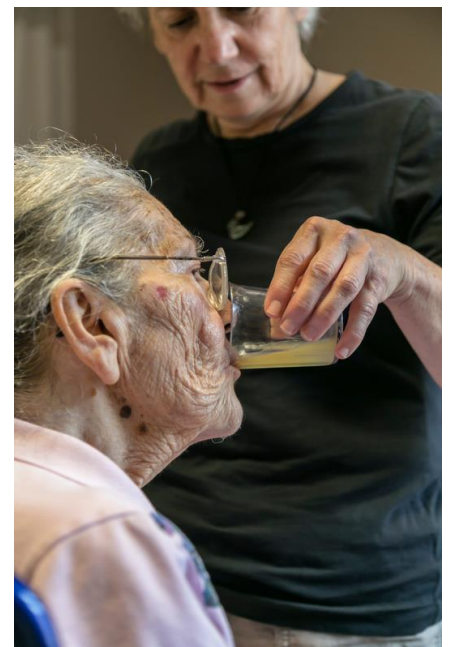
**YOU
Family Caregivers**

Defining the Environment

- The environment is everything around us
- It is the physical, social, virtual and cultural aspects that surround us
- The caregiver is part of the environment



- Physical environment (home, objects)
- Social environment (family, formal or informal supports)

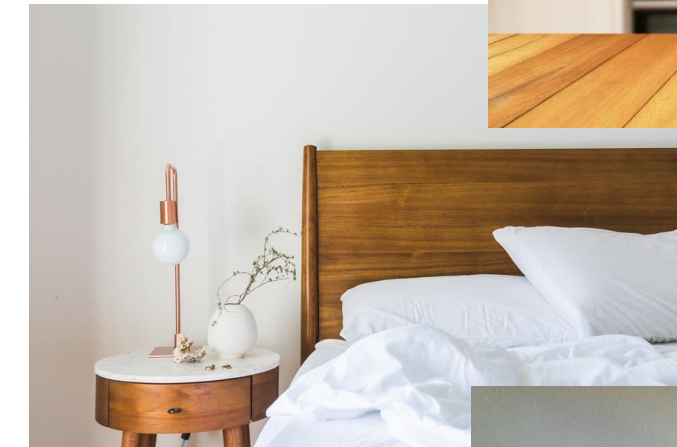
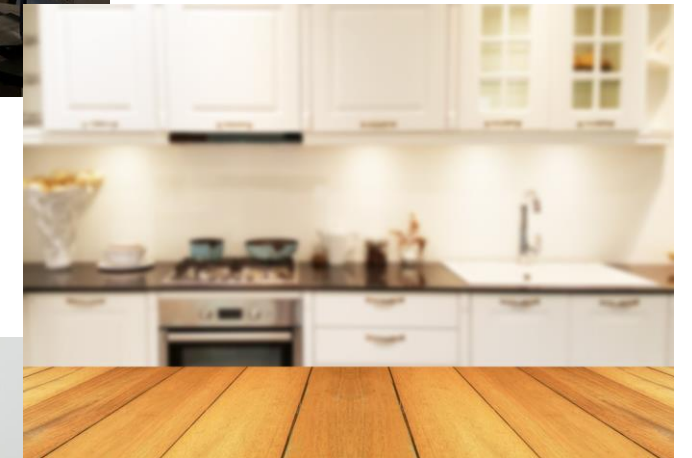


Why does the environment matter?

- We **cannot** change the disease process of dementia
- We **can** change the environment
 - We **can** recognize where people are and then change the environment for their successes
- The environment **can** help us and make things work better

Let's Talk

- **Basic Home Set-up**
- **Caregiver Communication**



Occupational Therapy

- **This is a simple overview of quick techniques and approaches that you can use right away to make things work better.**
- **If you feel you need more support or input, ask your primary care provider to refer you to an Occupational Therapist (OT).**
- **OT's can provide services in your home with focus on environmental modifications and caregiver training.**
- **OT's have a unique skill set that can help to problem solve and support families through the challenges dementia presents.**

Occupational Therapy

ADLs

Activities of Daily Living are essential activities people do every day such as eating, bathing, getting dressed, toileting, mobility, and continence.

IADLs

Instrumental Activities of Daily Living are activities such as shopping, housekeeping (or housework), managing money, food preparation, transportation, and use of technology/telephone.

Techniques: Early Stages

GOAL: help compensate for **forgetfulness**

- **Write things down - especially new information**
 - Notepad, calendar, lists, whiteboard, large clock, alerts on phone
- **Quiet spaces can help**
- **Keep things consistent - typically oriented to self, time, familiar places**
- **Start looking at the home for ways to simplify**
 - Remove unnecessary items and keep familiar items in reach

Techniques: Middle Stages

GOAL: help support and focus on **collaboration** with the individual with dementia

- **Offer 2 choices: this can simplify things and increase cooperation.**
- **Schedule appointments with as much consistency as possible.**
- **Keep outings to familiar places - orientation changes dramatically.**
- **Hand items and then provide a cue.**
 - Ex: hand them their toothbrush in the bathroom and then verbally direct them to brush their teeth
- **Be reassuring.**
- **May be successful with adaptive equipment.**
 - Ex: walker, cane, reacher, etc.

Techniques: Late Stages

GOAL: promote **comfort** and as much **function** as possible

- Approach the person from the front as their vision and awareness has changed.
- Use a variety of cues: *verbal, tactile and visual.*
- Simplify statements: *3-word rule*
- Be patient and wait longer for a response: *may need 90 seconds to respond*
- Will need 2 - 3 times longer to complete familiar activities (ADLs)
- Encourage engagement in familiar activities (*brush hair, wipe table*)
- Encourage to feed self or provide assistance - *finger foods*
- Simplify your environment and remove anything not necessary

General Physical Environment

Toileting

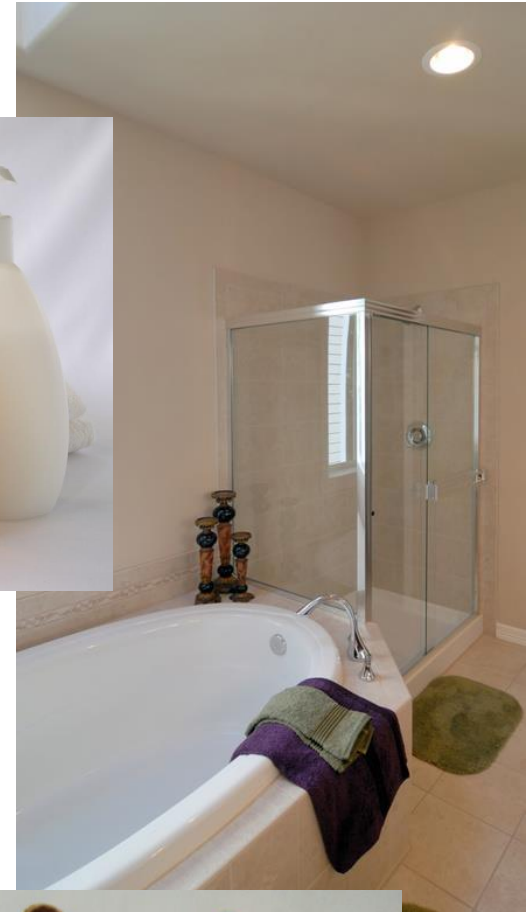
- Have a clear path to the bathroom
- Have necessary items within reach
- Assistive devices/environmental changes
 - raised commode
 - grab bars
 - bright lighting



General Physical Environment

Bathing

- Use bright colored objects
- Arrange objects in order they will be used



General Physical Environment

Getting Dressed

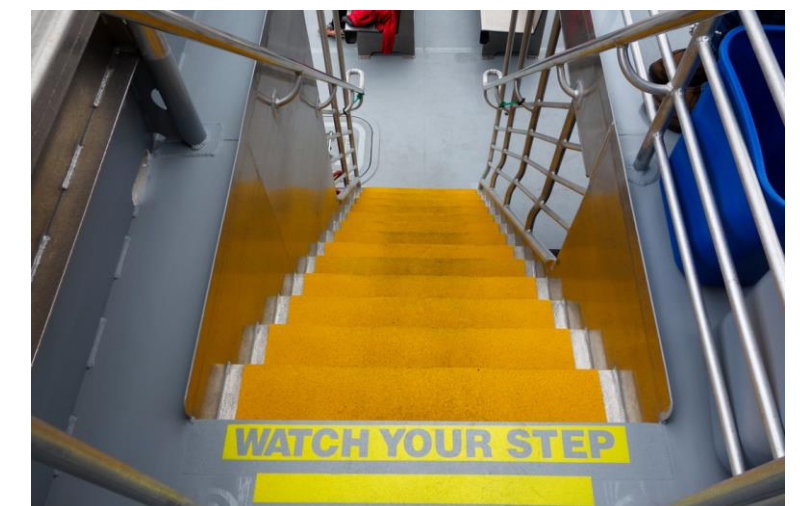
- Lay out clothing in correct sequence
- Provide clothing that is easy to put on and take off (buttons, zippers, shoes without laces)
- Be aware what materials your loved ones likes/dislikes



General Physical Environment

Mobility

- **Make sure you have sturdy furniture**
- **Identify possible tripping hazards**
- **Use bright tape to show a step**



General Physical Environment

Eating

- **Create a quiet environment**
- **Minimize distractions**
- **Keep table setting simple**
- **If needed provide 1 food item at a time**
- **If needed or preferred provide easy to chew items**



General Physical Environment

Safety

- **Label items as necessary (Hot/Cold)**
- **Light colored letters and dark background**
- **Secure Cabinets**
- **Night lights**
- **Remove knobs from the stove or disable**
- **Have a bell over the door to alert you when loved is going outside**



How to begin

What questions do you have for Theresa and our professional support team?

How can we best support you?

Professional Support Team

Recommendation

① _____

② _____

③ _____



WDT Caregiver Network Survey

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_efx7hmHjlkbuRa6



WDT Caregiver Network

http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wdt-resources.html



Wyoming Center
on Aging



Next Session: June 9th, 2021 at 10:30 am

The Nuts and Bolts:

Caregivers Count Too: Caregiver Values and Preferences

Contact information

Wyoming Center on Aging

Jenny or Sabine: (307) 766-2829

wycoa@uwyo.edu

www.uwyo.edu/wycoa



Wyoming Dementia Together Caregiver Network

Wednesdays at 10:30 am (Mountain Time)

The Nuts and Bolts

June 9th, 2021

June 23rd, 2021

July 7th, 2021

July 21st, 2021

August 4th, 2021

August 18th, 2021

Caregivers Count Too - Caregiver Values and Preferences

Decision Making: Overview

Decision Making: Creating a Safe Environment

Decision Making: Health and Well Being

Decision Making: Financial Planning

Decision Making: Legal Planning

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