



Navigating Dementia: A Quick-Start Guide For Caregivers



A Better Way
Dementia Care Solutions, LLC



Welcome to Your Dementia Care Journey!

Caring for someone with dementia can feel overwhelming, but you are not alone. This guide is designed to provide practical tips and essential strategies to help you navigate dementia care with more confidence.

Why Understanding Dementia is Crucial

Dementia is not a single disease but a collection of symptoms caused by various conditions. The most common type is Alzheimer's disease, but other types include vascular dementia, Lewy body dementia, and frontotemporal dementia. Understanding the specific type of dementia the person you care for has can help you provide more tailored and effective care.

Inside, you'll find:

- ✓ A simple breakdown of dementia and its symptoms
- ✓ Key communication strategies to reduce frustration
- ✓ Daily care and routine-building tips
- ✓ A home safety checklist
- ✓ Essential self-care reminders for caregivers

By learning these foundational skills, you can create a more calm, structured, and supportive environment for both you and the person you care for.

Warm regards,



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Section 1: Understanding Dementia

What is Dementia?

Dementia is a progressive condition that affects memory, thinking, and problem-solving. It is caused by diseases like Alzheimer's disease, vascular dementia, Frontal-Temporal Dementia, and Lewy body dementia.

Common Symptoms

While symptoms vary, some of the most common changes include:

- ✓ **Memory loss** – Forgetting recent events or repeating questions
- ✓ **Difficulty communicating** – Trouble finding words or following conversations
- ✓ **Confusion & disorientation** – Getting lost in familiar places
- ✓ **Changes in mood & behavior** – Increased anxiety, agitation, or withdrawal
- ✓ **Difficulty with daily tasks** – Struggling to prepare meals, dress, or bathe

Understanding Progression

Dementia progresses in stages:

- ◆ Early Stage: Mild memory loss, independence still possible

- ◆ Middle Stage: Increased confusion, need for more assistance

- ◆ Late Stage: Full-time care required, loss of mobility & communication

💡 Tip: Adjust your expectations and caregiving strategies as dementia progresses.

Section 2: Key Communication Strategies

Cognitive changes can make communication challenging, but using the right techniques can help reduce frustration.

How to Improve Communication

- ✔ Use simple, clear sentences – Speak slowly and give extra time for responses.
 - ✔ Minimize distractions – Turn off the TV and maintain eye contact.
 - ✔ Stay calm & patient – Even if the person is confused or frustrated.
 - ✔ Use visual cues & gestures – Pointing, demonstrating, or showing pictures can help.
 - ✔ Avoid correcting mistakes – Instead of saying, “No, that’s wrong,” try redirecting the conversation.
 - ✔ Offer choices rather than open-ended questions – Instead of “What do you want to eat?” say, “Would you like soup or a sandwich?”
- 💡 Tip: If the person you care for becomes upset, try redirecting their attention with a different topic or activity.

Section 3: Daily Care & Routine Tips

Creating a structured daily routine helps reduce anxiety and confusion for people living with dementia.

How to Build a Supportive Routine

- ✓ **Keep wake-up and bedtime consistent** – A stable sleep schedule reduces restlessness.
- ✓ **Plan activities around energy levels** – Mornings are often the best time for tasks like bathing and outings.
- ✓ **Stick to familiar tasks** – Encourage participation in daily activities like setting the table or folding laundry.
- ✓ **Offer gentle reminders** – Use visual schedules, written notes, or alarms.
- ✓ **Make meals & hydration a priority** – Dehydration and poor nutrition can increase confusion and agitation.

💡 Tip: Allow for flexibility—if something isn't working, adjust rather than force it.

Section 4: Home Safety Checklist

A safe home environment is essential in dementia care. Here's a checklist to help you prevent falls, wandering, and household hazards.

General Safety Tips

- ✓ Remove tripping hazards – Secure loose rugs, cords, and clutter.
- ✓ Install grab bars & handrails – Especially in the bathroom and along stairs.
- ✓ Use nightlights & motion-sensor lighting – Prevents falls at night.
- ✓ Lock up hazardous items – Cleaning supplies, medications, and sharp objects should be secured.
- ✓ Label important rooms & objects – Simple signs can help with navigation.
- ✓ Consider a GPS or ID bracelet – If wandering is a concern.

💡 Tip: Walk through your home as if you were seeing it for the first time—what potential risks do you notice?

Section 5: Self-Care for Caregivers

Caring for someone with dementia is physically and emotionally demanding, and your well-being matters too.

Simple Self-Care Practices

- ✔ Take short breaks daily – Even five minutes can help you reset.
- ✔ Ask for help – Accept support from family, friends, or respite care services.
- ✔ Stay connected – Join a caregiver support group or talk to someone who understands.
- ✔ Set realistic expectations – Some days will be harder than others, and that's okay.
- ✔ Prioritize sleep, hydration, and nutrition – Your health is just as important as theirs.

💡 Tip: You can't pour from an empty cup—taking care of yourself helps you be a better caregiver.

Next Steps: Get More Support & Resources

You've taken an important step in educating yourself on dementia care—but you don't have to do this alone.

- ✓ Join my **free** private caregiver support group
[Click Here to Join](#)
- ✓ Check out my blog posts that are full of information, tips, and product recommendations [Click Here to View Blog](#).
- ✓ Need more guidance? Explore 1:1 coaching options [Let's Work Together](#)

💙 You are doing an incredible job. Caregiving is not easy, but with the right knowledge, tools, and support, you can create a more manageable and fulfilling experience for both you and the person you care for.

Stay strong, and remember—I'm here to help.

DAILY ROUTINE Planner



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DATE

GOALS

-
-
-

PRIORITIES

TO DO

-
-
-
-
-

MOOD:



WATER INTAKE:



TODAY'S SCHEDULE

	ACTIVITY	NOTES
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 am		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		

HOME SAFETY

Checklist

BATHROOM

- Non-slip mats in shower/tub
- Grab bars near toilet & shower
- Use a raised toilet seat
- Provide shower chair/bench.
- Install a handheld showerhead
- Use nightlight to ensure space well lit
- Keep floor clear of clutter
- Set water heater below 120°F

KITCHEN

- Keep a fire extinguisher accessible
- Use stove knob covers
- Store frequently used items within reach
- Use non-slip mats in kitchen
- Store knives in a safe place
- Ensure proper kitchen ventilation
- Ensure kitchen is well-lit
- Check all appliances are working properly

BEDROOMS

- Ensure bed is at a comfortable height
- Keep pathways clear of clutter
- Use nightlights to illuminate pathways
- Keep telephone within reach of bed
- Secure rugs with non-slip backing
- Ensure furniture is stable
- Install a smoke detector near bedroom
- Have an accessible emergency plan

HALLS/STAIRWAYS

- Install handrails on both sides
- Use non-slip treads on stairs
- Ensure hallways are well-lit
- Keep hallways clear of clutter
- Install motion activated lighting
- Carpeted stairs provide better traction.
- Consider installing a stair lift
- Regularly check railings are secure

GENERAL

- Have an emergency evacuation plan
- Perform regular home maintenance checks
- Ensure pets do not cause tripping hazards
- Install and check smoke and carbon monoxide detectors
- Use a pill organizer for medications
- Keep emergency contacts list prominently displayed
- Regularly declutter to reduce tripping hazards
- Consider a personal emergency response system

Caregiver Daily Self-Care Checklist

Small steps make a BIG difference!

Physical Well-Being

- Drink at least 6-8 glasses of water
- Eat at least one nutritious meal (protein, veggies, healthy fats)
- Move your body (stretch, walk, or do light exercise)
- Get fresh air for at least 5 minutes
- Take deep breaths (4-4-6 method)

Mental & Emotional Well-Being

- Take 5 minutes just for yourself (breathe, sit quietly, or listen to music)
- Write down one thing you're grateful for today
- Release stress by journaling, venting, or talking to a friend
- Set one small boundary to protect your energy
- Ask for help or delegate a task (even something small)

Joy & Connection

- Do something that makes you smile (watch a funny video, r read, listen to music)
- Hug someone or connect with a friend
- Spend at least 5 minutes doing something you enjoy
- Remind yourself: I am doing my best, and that is enough.

Bonus Weekly Check-In:

 How am I feeling today?

 What's one thing I can do to take care of myself this week?



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