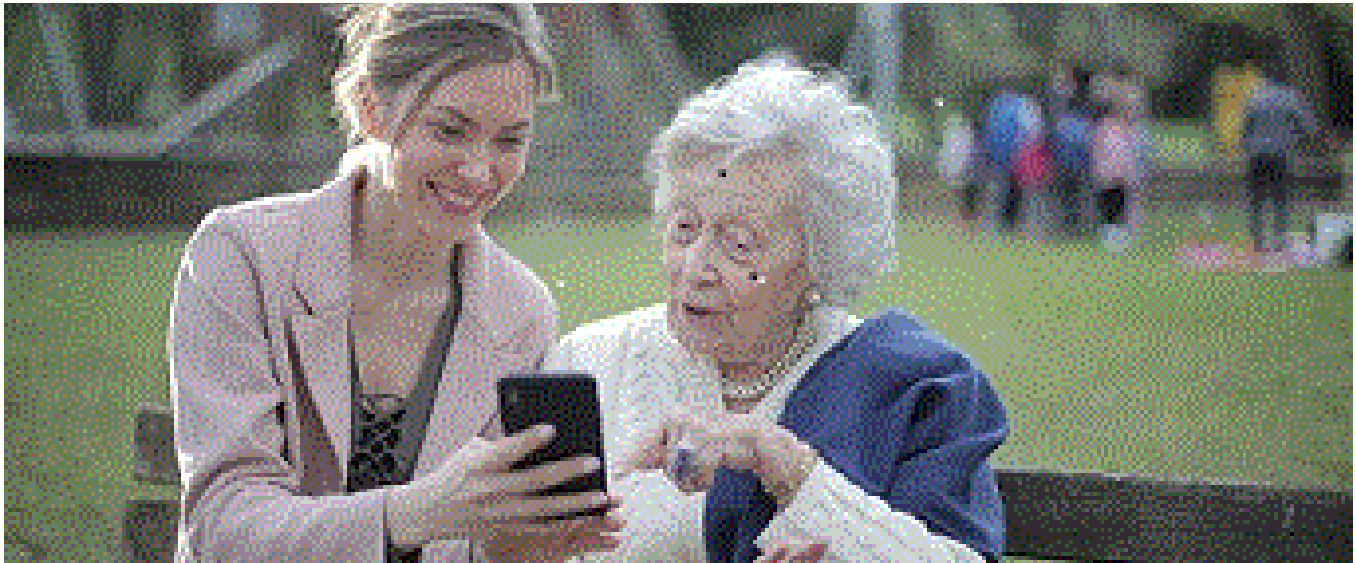


SPRING 2023

# CARING NEWS



## Home mini re-charge

*16 Ways Caregivers Can Practice Self-Care in  
15 minutes (aarp.org)*

- A self - manicure
- Paint - by - number
- Jigsaw or word find puzzle
- meditation or prayer time
- Stretching exercises
- Breathing exercises
- A quick walk
- Dancing to your favorite tune
- A bubble bath
- A 15-minute catnap
- A quick phone call with an old friend
- A few pages of your favorite book
- reading poetry
- listen to a radio program
- journalling

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**QUICK RECHARGE IDEAS**

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**TIPS FOR REDIRECTION**

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**EASY ACTIVITIES FOR  
REDIRECTION**

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**DAYLIGHT SAVINGS  
TIME - MARCH 14**

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## Tips for Redirection

**Stay Calm** - Individuals with dementia react to emotion, so if you are agitated or upset by behavior that will increase their agitation.

**Use Your Game Face** - Individuals with dementia are attuned to emotion. Greet individuals by name, gently clasping their hand or show other gestures of openness and affection.

**Ask Questions** - If someone is upset – ask questions. When you show understanding about what is going on, not only will you gain insight, but the fact of showing understanding can deescalate or redirect the behavior.

**You Don't Have to Be Right** - This often leads to an increase in defensiveness. Trying to convince them that you are right will only add to their frustration. It is better to try and redirect them to another topic.

**Listen with Empathy** - Just the act of being heard can help an individual calm down. At that time, redirection can be very effective.

**Bridge the Sentence** - An excellent way to redirect is to use bridging sentences. A bridging sentence might be something like: "... that reminds me, do you want to walk down to the mailbox?"

**Offer a Snack** - Redirection can also be effective through the introduction of a new activities such as new chore, moving to a new room or offering a snack.

**Purposeful Activities** - Try to find things that are purposeful such as folding the towels.

**Use Music or Pets** - For restless behavior caregivers can introduce music or interacting with a pet. Therapy dogs or cats are great for redirection. Watching an old comedy or another favorite show can also be effective. **From Healthstatus.com**

Some easy activities to help with redirection

Roll a skein of yarn

Fold towels

Paint

Play doh or clay

Stir cake mix

Look through photo albums

Sort cards

Untie knots

Dance to favorite music

apply scented lotions

Walk the dog



Daylight Saving Time can affect people with dementia. Routine is an important part of managing dementia. By shifting ahead an hour, this routine is disrupted and often leads to confusion. Daylight Saving Time affects our body clock. The chemicals the brain releases throughout the day also can cause changes in behavior, mood and functioning. Take advantage and encourage your loved one to get outside, soak up some sun and engage in physical activity. Natural sunlight is the best way to help regulate circadian rhythms. Pairing sunlight with some exercise will help you and your loved one sleep better. Routine is key. Start changing your routine slowly to reflect what will happen. If you typically have dinner at 5:30 p.m., but now it is only 4:30 p.m., bump it out in 15-minute increments until you eventually get to 5:30 p.m. again.