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Dementia care, practice and awarness

Ojes Xavier

St. Albert's College, India

For many families, caring for a person with dementia isn't just one person's job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.

Communication can be hard for people with Alzheimer's and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful.
- Allow the person to keep as much control in his or her life as possible.
- Respect the person's personal space.
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"
- Encourage a two-way conversation for as long as possible.

- Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.

References

1. "The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias, and Memory Loss", 6th edition, by Nancy L. Mace and Peter V. Rabins
2. "Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease", by Joanne Koenig Coste
3. "Thoughtful Dementia Care: Understanding the Dementia Experience", by Jennifer Ghent-Fuller

Biography

Ojes Xavier has been appointed as Assistant Professor on 26th July 2022 in the Department of Social Work, St. Albert's College (Autonomous) India, Kerala Ernakulam. He is very actively involved in organizing National and International webinars for the college students. He has presented a paper on "Application of cognitive Behavioral therapy in social work profession" in a National webinar for mental health professionals. His area of specialization in research is "Psycho Somatic Disorder in Middle aged Women: Symptoms, Causes and Treatment". He did his Post Graduation with second Rank in Medical and Psychiatric Social Work from School of Social Work Roshni Nilaya Mangalore and also he completed Post- Graduate Diploma in Human Resource Management (PGDHRM) from Roshni Nilaya Mangalore. He is also interested in various Psycho Therapies. He has been worked as Medical Social Worker at Caritas Hospital Kottayam. He attended a certified course from Coursera on "Positive Psychiatry and Mental Health". He has written an article on "Love, Care and the Treasure to be given to the Elderly People in this Modern Scenario" which was published in Mangalore University College journals.

ojesnedu@gmail.com