

# Providing everyday care to the person with dementia

**As the disease progresses, you may need to provide everyday care**



### Make sure that the person is eating and drinking

- You may need to regularly remind them to do so. Adjust their diet according to their preferences and health.



### Modify the environment

- This can help reduce incontinence accidents. For example, put a picture of a toilet on the bathroom door. Remind the person to go to the bathroom regularly. Consider using incontinence aids and equipment if necessary.
- Remember, do not blame the person for accidents.



### Establish routines

- Maintain routines similar to the ones that the person had before developing dementia.
- Be prepared to adapt routines as necessary as the abilities of the person change over time.



### Engage the person in personal care

- Help the person do as much as they can themselves.
  - Try modifying the environment, for example by switching from a shower to a sponge bath, and provide guidance.
- Be mindful of falls – use a non-slip shower or bath mat.
- The person with dementia may resist when you try to help them with personal care. Be compassionate and try to understand why.

**Remember to keep inedible items, sharp objects, household chemicals and flammable items in a safe place.**

### For more information

iSupport Module 4 "Providing everyday care"  
Lesson 1 "Eating and drinking - more pleasant mealtimes"  
Lesson 2 "Eating, drinking and preventing health problems"  
Lesson 3 "Toileting and continence care"  
Lesson 4 "Personal care"

You may also wish to contact your local Alzheimer's Association for information related to caring for someone with dementia.