

Getting in the Water



REFLECTING

Begin by responding to the person to confirm that they are understood.

"I want to go home."

Respond: "You want to go home."

INVESTIGATING

Offer options to help determine an unmet need.
"Do you need something or do you just want to be there?"

VALIDATING

Giving words to emotions and validating them builds a trusting relationship.
"I can see how upset you are", and "I would be upset too."

APOLOGIZING

Even if you did nothing wrong, a heartfelt apology can help people with dementia to move forward.
"I'm sorry that happened to you."

REASSURING

Helping the person feel that they are not alone and their needs are being addressed is important.

Offer reassurance. "We are in this together."

REDIRECTING

When you've addressed the unmet need, an engaging redirect is helpful. Asking for help can give a sense of purpose. "I could really use your help with..."

Support Gear

While you are exploring the reality of the person with dementia and getting used to the water, you will need to gather your gear for the journey.

When someone gets diagnosed with dementia, IT TAKES A VILLAGE.

THE LIFE SAVER



PLANNING-Learn your options, create a plan to avoid a crisis, understand your financial needs

RESPITE-Take care of yourself, gather family, friends, neighbors, support group, counseling

EDUCATION-Learn as much as you can about how dementia is affecting the person

SKILL DEVELOPMENT-Practice intervention and communication skills so they become second nature.

[Helpful Resources](#)

THE SCUBA MASK



DAY TO DAY NEEDS-Meals, medications, personal cares, housekeeping, getting ready, going to bed

ENGAGEMENT-Activity that is stimulating, social visits, laughter, enjoyment

SUPPORT INDEPENDENCE-What can they still do? Accommodate for their needs while encouraging independence

IMPLEMENT A PLAN-It's time to get more help

[Helpful Resources](#)

THE DEEP WATER GEAR



24 HOURS A DAY-7 DAYS A WEEK

Supervision, Companionship, Safety Checks, Risk Management

LIFE LINE TIME-Now is the time to bring together all the pieces of your plan to ensure there are no loose ends and everything is ship-shape.

[Helpful Resources](#)