

my  **homecare.ie**



Trusted homecare delivered by Servisource

Freephone | 1800 400 900

**Caring for clients with
alzheimer's/dementia**

- Companionship
- Maintaining a safe environment
- Assistance with activities of daily living
- Encouraging therapeutic activities of interest
- Reminiscence therapy and reality orientation
- Monitoring physical, emotional, social and psychological wellbeing
- Medication reminders/administration

(This list is not exhaustive)

Affordable Rates from

€17 per hour

HSE Recognised Provider | Wholly owned Irish company

3 Helpful Hints

1 Active listening

- Allow time and patience for your loved one to express any feelings/concerns/issues.
- Provide empathy and understanding of your loved ones needs.
- Promote one to one time.
- Ensure the environment is conducive to their individual needs.

2 Focus on personal abilities

- Allow the individual to carry out tasks in their own time and at their own pace.
- Always explain what you are doing and why.
- Encourage independence by allowing them to complete tasks by themselves and provide guidance and support where needed.
- Break down complex tasks into more simpler forms.
- Offer choices and respect their decisions.
- Be respectful, maintain dignity and privacy.

3 Effective communication

- Speak slowly and use short simple words and phrases.
- Identify yourself when engaging with your loved one.
- Focus on one piece of information at a time.

“As Mam’s dementia progressed, I found it difficult to cope and give her the time and care that she needed. With the help of myhomecare.ie, Mam is now able to do things in her own time and in her own way. The caregivers were very supportive and considerate of her needs”

Stacey, Dublin