

**BRAIN BOOSTER**

**BY FUSION**

**SUPPORTING RESIDENTS  
LIVING WITH DEMENTIA**

**fusion**  
Care Software

**Empowering Outstanding Care Through Technology**

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## WHAT IS DEMENTIA?



An umbrella term for conditions affecting memory, thinking, and behaviour.

Common types include:

- ▶ Alzheimer's disease
- ▶ Vascular dementia
- ▶ Lewy body dementia

Dementia is progressive, meaning symptoms worsen over time.



# Common Symptoms

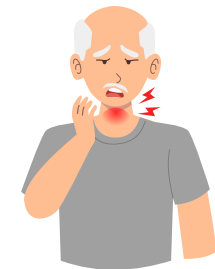
◎ Symptoms differ from person to person, but often include:



**Memory loss**  
(especially recent events)



**Confusion about  
time/place**



**Difficulty  
communicating**



**Changes in mood or  
behaviour**



**Reduced ability to  
perform daily tasks**



**Restlessness**

# Key Care Principles:

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## 1. Person-centred Care

- Treat each resident as an individual
- Learn their life history, preferences, and routines
- Maintain dignity and respect at all times

## 2. Communication Tips

- Speak clearly, calmly, and slowly
- Use short, simple sentences
- Maintain eye contact and use the person's name
- Allow time for responses, don't rush
- Use non-verbal cues (smiles, gestures)



### 3. Promoting Independence

- Encourage residents to do what they can
- Offer gentle prompts rather than taking over
- Break tasks into small, manageable steps

### 4. Managing Distressed Behaviour

Behaviour is often a form of communication.

#### Common triggers:

- Pain or discomfort
- Hunger or thirst
- Confusion or fear
- Environmental overstimulation

#### Good practice:

- Stay calm and reassuring
- Avoid confrontation or correction
- Redirect attention to another activity
- Identify and address underlying causes





## 5. Creating a Supportive Environment

- Keep surroundings familiar and consistent
- Use clear signage (e.g. toilets, bedrooms)
- Reduce noise and clutter
- Ensure good lighting to prevent confusion and falls

## 6. Personal Care

- Maintain privacy and dignity
- Explain each step before doing it
- Be aware of possible resistance - go at the resident's pace
- Watch for signs of discomfort or pain





## 8. Safety Considerations

- Prevent falls (clear walkways, proper footwear)
- Monitor for restless walking - use secure but respectful measures
- Assess risks without overly restricting independence

## 7. Nutrition & Hydration

- Offer regular drinks and meals
- Use finger foods if utensils become difficult
- Monitor weight and fluid intake
- Be patient, mealtimes may take longer



## Emotional Support:

- Provide reassurance and comfort
- Validate feelings rather than correcting facts
- Encourage social interaction and meaningful activities
- Familiar music, photos, or routines can reduce anxiety



# Understanding Memory Loss

## Residents may:

- ▶ Forget recent events but remember the past
- ▶ Repeat questions
- ▶ Not recognise staff or family

## Best approach:

- ▶ Do not argue or challenge
- ▶ Gently reorient if appropriate
- ▶ Focus on feelings rather than facts



# When to Report Concerns

**Inform senior staff or healthcare professionals if you notice:**

- Sudden confusion (possible delirium)
- Changes in behaviour or mood
- Signs of pain, infection, or dehydration
- Rapid decline in abilities



## Working with Families

- Communicate regularly with relatives
- Involve them in care planning
- Respect their knowledge of the resident

# Key Takeaway

## Good dementia care is:

- ▶ Compassionate
- ▶ Patient
- ▶ Flexible
- ▶ Person-centred

