

Quick Tips:

Reducing Fear with Infection Control Measures

The use of PPE with infection control measures can be scary for anyone receiving care, and even more so for people with dementia. Fear and disorientation can lead to responsive behaviours and even delirium.

Here are some quick tips to help the people that you care for:

- If possible, let the person with dementia see you don your PPE: through a window or from a safe distance
- Smile: even though your mouth may be covered, your smile will show through and provide comfort
- Call them by name, and introduce yourself
- Approach from the front
- Ask how they are feeling and take a moment to listen to their concerns
- Make an effort to give each person some time
- Ensure they have their glasses and hearing aids
- Explain often, in simple terms, that the PPE is needed to keep everyone safe
- Provide reassurance that their needs will be met
- Avoid talking about staff concerns or anxiety in front of patients/residents

