

DEMENTIA CARE Education Bites vol. 1 REFUSING HELP

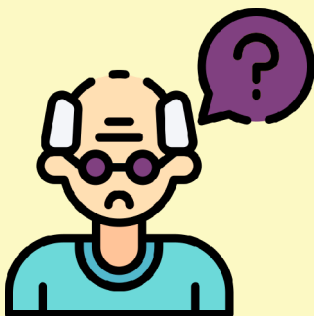
Point your phone's camera at the QR codes, or click on them, for 5 video tips that can help you to understand dementia and how to care for someone with dementia.



6-minute video



01



I DON'T NEED HELP

Some people really don't think that they need help. Anosognosia means "without knowledge of disease" and can actually be a symptom of dementia. This is not the same as being "in denial" and they are not trying to manipulate you. Do not engage in a fight with them.



<1-minute video



<1-minute video

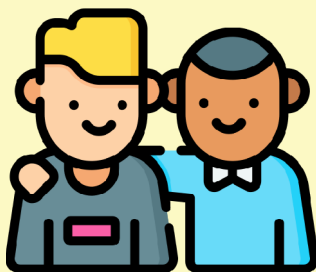
ACCEPTING HELP

Many people with dementia do not want to accept help, even when it is clear to us that they need it. This can be frustrating for a care giver, but we have to remember that they have been independent for a long time and many of the things they need help with are very personal. Be sure to do small things to build trust.



02

03



DO IT TOGETHER

Do you ever have a hard time getting your person with dementia to do a task like, eat, brush their teeth or wash up? Try making a together activity out of it.



<1-minute video



10-minute video

04

Helping on their terms

When someone does not want your help, you can get creative in your approach. #1 Do not remind them that you are helping #2 Sneak your help #3 Anticipate and plan ahead .

