

Caregivers' Cove

Journaling provides caregivers good records and a big picture to manage new or existing symptoms of dementia.¹

Journaling helps a caregiver

- learn about dementia symptoms and patterns
- gain a sense of control with a clearer and bigger picture
- reduce uncertainty and caregiver stress

Managing changes

- Notice declines in the senior's ability to self care
- Learn from experience what has helped or not
- Make plans for increasing care needs
- Get help for yourself or consult medical professionals to cover your needs

Note worthy changes²

- Toilet routine and continence
- Eating/drinking habits
- Sleeping patterns
- Likes or dislikes
- Other irregular behaviours to manage



Photo credit: Unsplash

看护者港湾

做日记给看护者提供良好记录和大局观，有助管控现有或新的失智症的症状¹。

做日记帮助看护者

- 了解失智症的症状和形式
- 透过清楚和大局观，更好掌控
- 减轻不确定性和看护者压力

管控变化

- 留意长者自己看护的能力降低
- 从经验中学习什么有功效或无益处
- 安排应付加重的看护需求
- 为自己寻求帮助或和医药人员商量迎合您个人的需要

值得留意的改变²

- 如厕规律和失禁问题
- 饮食习惯
- 睡眠习惯
- 个人喜好
- 其他需管控的不规律行为



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