

Caregivers' Cove

On the theme of World Mental Health Day in Oct 2021 "It's OKAY Take 5!", we share a 5-pronged approach for the caregiving journey for a progressive disease like dementia. Don't forget the advice from medical and other professionals.¹

1. Be prepared to respond

- to symptoms of mild, moderate and advance dementia stages.
- to potential problems or crisis from other chronic conditions.
- when it is time to step up care arrangement for a senior.

2. Getting focused

- What did the senior prefer or value before, for a reference?
- What does the family want for the senior?
- Arrange for certified facilitators to help your family through Advance Care Planning and other conversations.

3. Clarify goal(s) for a senior's care

Care priorities may change at different stages:

- be it for senior to function better and stay more independent,
- to extend living, and/or
- just help the senior feel more comfortable.

4. Weigh benefits and burdens

As a family consider your priorities, potential benefits, risks and trade-offs to identify more suitable care options.

5. Adjust care plans

Discuss your family priorities with medical professionals to agree on suitable care plans for the senior.

Share your experience
with us!



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Building Stronger Communities, Together

1. "How to Plan for Decline in Alzheimer's Dementia: A 5-Step Approach to Navigating Difficult Decisions & Crises with Less Stress", <https://betterhealthwhileaging.net/alzheimers-advance-planning-for-decline-and-end-of-life/>, 15 Aug 2021

看护者港湾

据十月份世界精神健康日的主题《没事，来个五下》，我们分享5管其下策略，为看护像失智症一类渐进病症的路程指标。别忘了征求医药或其他专业人士的意见¹。

1. 准备好来应付

- 失智症的初、中和末期症状。
- 可能因长期病症做引发的问题或紧急情况。
- 什么时候需要提升看护长者的安排。

2. 准备对焦

- 长者以前曾经有什么关注或选择供您参考？
- 家人希望长者接下来怎样？
- 安排认证辅导员通过预先护理计划和其它讨论事项助您家人做计划。

3. 澄清长者看护目标

看护目标可能随着不同阶段而更改：

- 如改善长者的操作和保持独立，
- 延长生命，及/或
- 只是让老人家更舒适。

4. 平衡益处和负担

一家人来探讨您的目标、可能的益处、风险和妥协之处，好列出较适合的看护选择。

5. 调整看护计划

和医药人员讨论您家庭的目标来决定适合的看护计划。

请和我们分享您的经验！



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