

Caregivers' Cove

Start the new year with a S-M-I-L-E¹.

S - Stages

- Elderly living with dementia progresses through stages with behaviour and/or mood changes.
- Your loved one needs the same acceptance and love as their care needs progress.

M - Moments

Create special moments:

- with something he/she enjoys.
- to give him/her a sense of achievement.
- a few times a day or weekly as it's manageable.

I - Interconnect

A caregiver is like a care coordinator. Turn to neighbours, support groups and community services as you may need.

L – Laugh Out Loud!

Laughter is the best medicine.

Laughing is contagious. It helps take some stress off from dealing with irregular behaviours.

E – Experiment

Don't fret when something does not work.

Try something else instead.

You can manage it as you did with other challenges before. 😊



Image source: Unsplash

Share with us your experience!

看护者港湾

新的一年从微笑 S-M-I-L-E¹ 开始。

S – Stage 阶段

- 失智症患者会经历某些行为和情绪的变化。
- 随着长者的看护需要改变，他们需要感受一样的接纳和关爱。

M – Moments 时刻

设造特别时刻：

- 让他/她有些享受。
- 给他/她一些成就感。
- 配合您时间安排一天几次或每星期一次？

I – Interconnect 互联

一个看护者就像护理协调员。转向邻居、支持小组和社区服务辅助您的需要。

L – Laugh Out Loud! 大声笑

笑是最好的良药。它有感染力，欢笑也有助于减轻应付不规律的行为的压力。

E – Experiment 实验

若平时的惯例不行也别懊恼。试试别的方法。从前您克服过别的障碍，你行的。☺



图像源：Unsplash

请和我们分享您的经验！