



Name _____

Principles of Care

General Principles

Care for Others

- Care should be p_____ c_____
- Support the individual to feel s_____ and s_____
- Emphasize maintaining a_____ rather than teaching new s_____
- S_____ routines and r_____ choices
- Use p_____ and r_____ and offer supportive care

Care for the Caregiver

- Know your l_____
- Maintain a healthy balance in your life: good s_____, n_____ and exercise
- Seek help for s_____ that are interfering with your daily life
- Maintain positive, s_____ connections with others
- Implement regular m_____ - e_____ in your life (e.g., hobbies, creative therapies or recreation)
- Don't medicate yourself with d_____ or a_____ !
- Get professional help for yourself if needed to get back on track

Person-centred Care

- Once Alzheimer's disease has been clinically confirmed, changes need to be made in the person's d_____ r_____
- Person-centred care includes knowing what the person can still _____ and what he/she can n_____ l_____
- Person-centered care includes working in partnership with s_____ and the f_____ to understand as much as we can about the person behind the j_____