



Principles of Care

General Principles

Care for Others

- Care should be person centred
- Support the individual to feel safe and secure
- Emphasize maintaining abilities rather than teaching new skills
- Simplify routines and reduce choices
- Use patience and redirection and offer supportive care

Care for the Caregiver

- Know your limit
- Maintain a healthy balance in your life: good sleep, nutrition and exercise
- Seek help for symptoms that are interfering with your daily life
- Maintain positive, supportive connections with others
- Implement regular mini-escapes in your life (e.g., hobbies, creative therapies or recreation)
- Don't medicate yourself with drugs or alcohol!
- 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 daily routine
- Person-centred care includes knowing what the person can still do and what he/she can no longer do
- Person-centered care includes working in partnership with staff and the family to understand as much as we can about the person behind the illness