

Resistance

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NO

- NO, I don't have to go to the doctor.
- No, I don't want to take a shower. I just had one.
- No, I don't want to use a walker. I'm fine.
- No, I don't want to eat; I'm not hungry. I just ate.
- No, I don't want to take my pills. They are poison.
- No, I won't drink Ensure. I'm not thirsty.
- No, I won't move to an assisted living facility. I want to stay home.
- No, I don't want someone babysitting me.
- No, I won't wear Depends.

For those who don't have dementia

- History of stubbornness, dogged independence, embarrassment
- Have a right to a bad decision
- But who will fix the mess when it happens?
- Can you disappear/walk away?
- Bribery
- Acknowledge fear, loss
- Call in the troops—siblings, friends, neighbors, clergy, doctors

For those who do have dementia

- Emotions
 - Paranoia—something will harm me
 - Fear
 - Falling
 - Dying
 - Losing independence
 - Strangers
 - Losing control
 - Money

- Tired
- Hungry
- Pain
- Embarrassment
- Not remembering
- Feeling controlled
- Loss of independence

Medications

- Too many pills at a time
- Taking pills too many times during the day
- Trouble swallowing
- “I’m fine. Don’t need all these pills. What are they for anyway”
- Spitting out or pocketing

Bathing

- I just had a shower (last week)
- Not want to get undressed, embarrassment
- Feeling vulnerable/cold/uncomfortable
- Fear of falling/slipping

Food Fights

- I'm not hungry, I just ate (three hours ago)
- When are we going to eat (just finished lunch)
- Initiating activity/using silverware
- Lonely
- Sneaking food
- If I drink, then I'll have to go to the bathroom

Doctor

- He told me I had Alzheimer's. What does he know?
- I don't want to know what he thinks.
- I'm not getting out of the car.

Incontinence

- I will NOT wear diapers, I am not a child.
- I'm fine. I can get to the bathroom okay by myself.

Dressing

- Puts on first thing they see in the morning—usually what they had on yesterday.
- Hard to figure out how to initiate dressing behavior
- Hard to maneuver putting on clothes, buttons, zippers, etc.
- Not know how to dress for the weather. Why can't I wear shorts?
- Not know HOW things go on, e.g. a tee shirt goes over your head

Exercise/Walking/Cane/Walker

- I'm fine, I don't need to use a cane. I do okay holding onto the furniture.
- I'm too tired to exercise. I'll do it later.
- Stop bothering me.
- Fear of loss of independence, embarrassment, denial

Tips

- Avoid power struggles
 - Pick your battles
- Walk away and return to issue later
- Keep a routine as much as possible
- Don't give advanced notice of events
- Don't explain
- Bribery
- Acknowledge feelings, not behavior
- Use significant others to encourage behavior

- Learn communication skills, including fiblets
- Call in a “higher power”
- Don’t rush
- Pick time of day when CR is at best
- Try music
- Help CR to get started on a task
- Try guilt trip—do this for me

Taking Care of YOU

- Take care of yourself—sleep, eating, exercising, fun, laugh
- Walk away when you are getting too frustrated
- Forgive yourself—you can't be perfect
- Call a friend—okay to bitch and moan
- Join a support group
- Find ways to get breaks, out of the house, preferably in nature

