

CAREGIVERS' SEMINAR 2011

LIFE DOESN'T STOP WHEN DEMENTIA STARTS!

LIFE BIBLE PRESBYTERIAN CHURCH
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Overview

- ❑ How Does Dementia Affect Caregivers?
- ❑ How Can We Cope With Caring For A Person With Dementia (PWD)?
- ❑ Useful Resources For Caregivers
- ❑ Planning Ahead

When A Loved One Is Diagnosed with Dementia....

- Living with Dementia
 - *'Your eyes will see strange things and your mind will imagine confusing things'*
 - *'You are slipping away a bit at a time and all you can do is to watch it happen'*
- Dementia doesn't affect the PWD alone.
- Focus on the PERSON with Dementia, not the Person with DEMENTIA

How Does Dementia Affect Caregivers?

- Anxiety
- Anger
- Loneliness / aloneness
- Frustration
- Tiredness
- Guilt
- Loss / grief

However, the Word of God says...

- **Isaiah 41:10**

Fear not; for I am with thee: be not dismayed; for I am thy God; I will strengthen thee; yea, I will uphold thee with the right hand of my righteousness.

- **Psalms 46:1**

God is our refuge and strength, a very present help in trouble.



Caregiving can be positive!

- Many caregivers experience satisfaction
- Many caregivers are comforted that they maintained the dignity of their loved one even as the disease ravages him / her
- Caring for a PWD can bring the family together
- Caregiving can be a meaningful experience if you learn how to cope with the role a little better

How To Cope?

- Learn more about dementia – Know the Beast!
- Stay socially engaged and connected
- Maintain good health
- Manage stress
- Garner support
- Tap on community resources
- Plan ahead

Know The Beast! (the disease!)

- Knowing the deficits caused by dementia can help you understand the behaviours better.
e.g., language difficulties, memory changes, personality changes, difficulties learning new things
- Understand the progression of the disease to be better prepared
- Strive for stage appropriate caregiving.
‘Cheer them on - do with - do for’

Stay Socially Engaged & Connected

- Continue to be connected with your extended family and social support network. Avoid self isolation
- Be in touch with your feelings as a caregiver

Maintain Good Health

Important Principle : Taking care of yourself while taking care of others

- Maintain Physical Health
- Maintain Spiritual Health
- Maintain Emotional Health

Manage Stress

- Identify situations that stress you
- Change what you can
- Accept what you can't change
- Build resilience
- Learn skills to manage
- Use practical strategies for reducing stress

Garner Support

- Be willing to seek help from family, friends, church family.
- Encourage involvement from extended family members
- The church family can do their bit to support the caregivers. Reach out!



Tap on Community Resources

1) Dementia Daycare Centres

- The centres provide supervision, PWD in activities that maintains their physical, social and cognitive and skills
- See handout for list of dementia day care centres

2) Support and Education Groups

- You can acquire skills to cope from professionals & other caregivers, get emotional support & fellowship with others



Tap on Community Resources

3) Home Help Services (Private)

- ComfortKeepers - 63363376
- NTUC Care@Home - 62138213
- Rasa Sayang Healthcare - 81260909
- WeCare4U - 67665045

Community Resources for Caregivers

1) Alzheimer's Disease Association – Caregiver Support Centre

- www.alzheimers.org.sg

a) Helpline - 67375667 (Mon to Fri, 9am-6pm)

b) Information and Referral

c) Support groups in English, Mandarin and Malay

d) Counseling

e) Training

f) Public Education

g) Safe Return Card

h) Resource Library

Community Resources for Caregivers

2) **Caregiver Counselling Welfare Association**

- 64667957 (www.cwa.org.sg)

3) **TOUCH Community Services (TOUCH Caregivers Support)** – 62586797

(www.caregivers.org.sg)

4) **O' Joy Care Services** – 67490190

(www.ojoy.org)

Useful Website and Helpline Resources

- **Agency for Integrated Care - 66036933 (www.aic.sg)**
- **Centre for Enabled Living Infoline – 1800 858 5885 (www.cel.sg)**
- **Hua Mei Centre for Successful Aging – 65939555 (www.tsaofoundation.org)**
- **Sage Counselling Helpline – 1800-3538633**

Useful Website Resources

- **Dementia Net** – medical information and support resource (www.dementianet.com.sg)
- **Alzheimer's Association** (www.alz.org)
- **Alzheimer's Society** (www.alzheimers.org.uk)
- **Alzheimer's Australia** (www.alzheimers.org.au)
- **Caregiving Online** (www.caregiving.com)

Plan Ahead – Care Planning

- **Respite care**
- **Financial and legal planning**
 - Mental Capacity Act (2008)(www.publicguardian.gov.sg)
- **Planning for long term care arrangements**
(own home vs children's home, Foreign Domestic Helper, Nursing Home)
- **Planning for type and level of care** as the disease progresses (end of life care, advance care planning)

Conclusion

The dementia journey is long and hard for the person with dementia and their carer.

But with support, services and resources, caregiving can be a meaningful and rewarding experience



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The End. Thank you