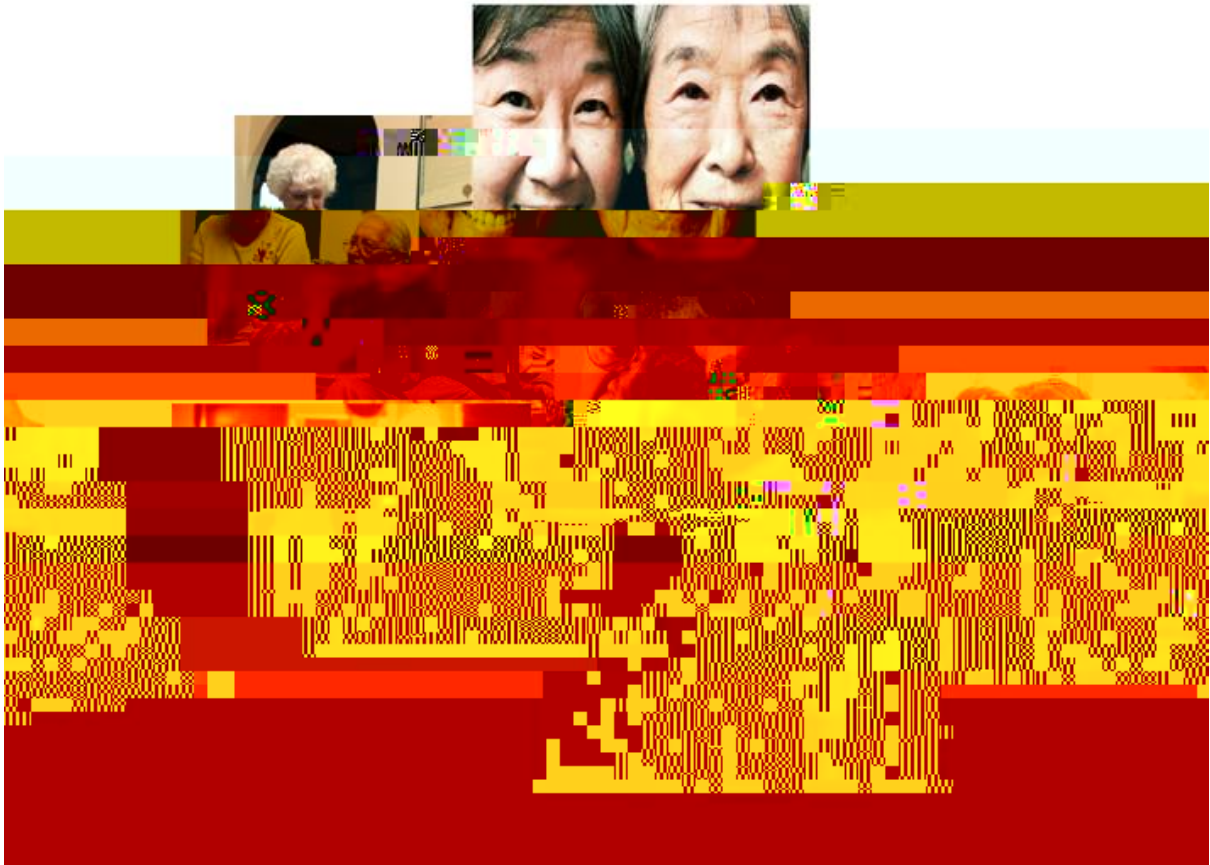


START

strategies for relatives





What to expect

Throughout the sessions we will be focusing on:

Providing skills to cope with behaviours related to your relative's dementia.

Developing skills to help you, including changing unhelpful thoughts, communication, assertiveness, relaxation, and pleasant activities.

Planning for you and your relative's future needs.

Helping you maintain the skills you have learned over time.

There will be eight sessions each lasting **one hour and each will include:**

- A new topic to discuss.
- Making a plan for you to try out between sessions.
- A new way of reducing stress.
- **Strategies to put into practice** during, and between sessions.

Session 1: Stress and well-being

Session 2: Reasons for changes in behaviour

Session 3: Making a behaviour plan

Session 4: Behaviour strategies and unhelpful thoughts

Session 5: Communication

Session 6: Planning for the future

Session 7: Pleasant events and your mood

Session 8: What works? Using skills and strategies in the future

Session 1:

Stress and well-being



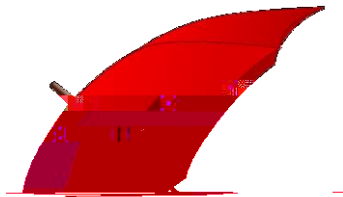
Overview of dementia

Dementia is a **physical illness** of the brain

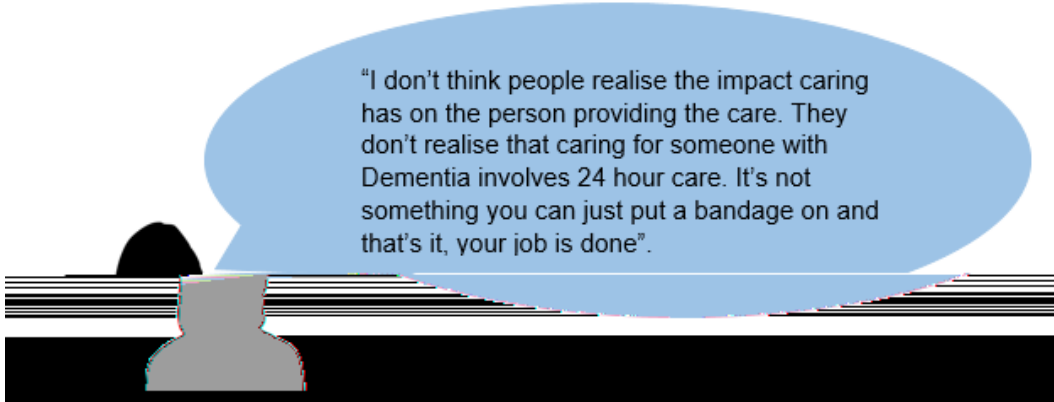
Dementia is not a normal part of ageing. It is an illness which can affect several areas of a person's life, including:

- Memory
- Concentration
- Thinking
- Judgement
- Behaviour
- Visual processing

Dementia is associated with more than 50 different disorders. The most common cause is Alzheimer's disease, followed by Vascular Dementia and then Lewy Body Dementia.



DEMENTIA



"I don't think people realise the impact caring has on the person providing the care. They don't realise that caring for someone with Dementia involves 24 hour care. It's not something you can just put a bandage on and that's it, your job is done".



Behaviour and emotions

A behaviour is something specific and observable that someone does. Some behavioural changes that can occur with dementia include:

- Asking the same question repeatedly
- Thinking things have been stolen, when they have forgotten where they have put things

Key Point:

These behaviours are frustrating and difficult to change but it is important to remember they are not intentional.

ing poin :



Recording Behaviour

Noticing when a particular behaviour happens and how it makes you feel can help you to notice patterns and find new ways to manage and respond.

Day	Morning/Afternoon /Night	Who was there?	Trigger	Behaviour	Reaction	What strategy did you try?	What happened?

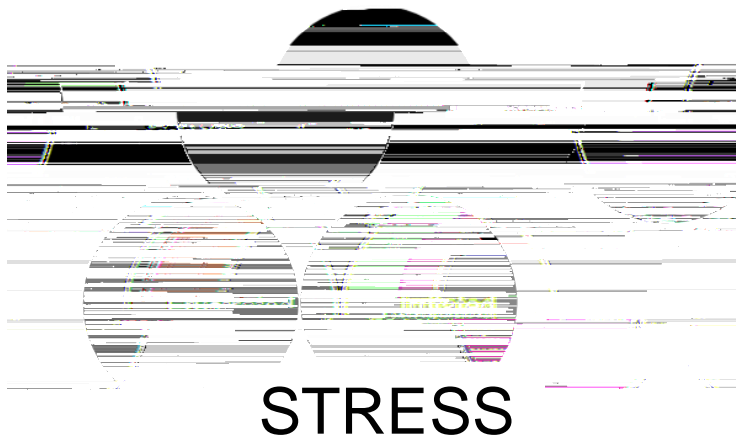
Managing the stress that caring brings

Stress is physical and emotional strain.

Caring for people with dementia can be physically and emotionally draining.

Over time, stress can impact on your health and well-being and affect your sleep. While the challenges cannot be avoided, you can take steps to reduce the effect on you.

Common stress reactions include feeling:



Over the coming weeks we are going to think about recent events. It is important to notice how stressed you feel during difficult times and what helps.

Social

Managing Stress 1:

The Signal Breath

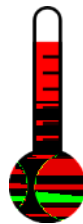
The Signal Breath is a simple stress reduction technique that may help when you are coping with stressful situations.

You can use it *anywhere*, at *any time*, and it is *quick*.

Your relative may enjoy trying these exercises as well.

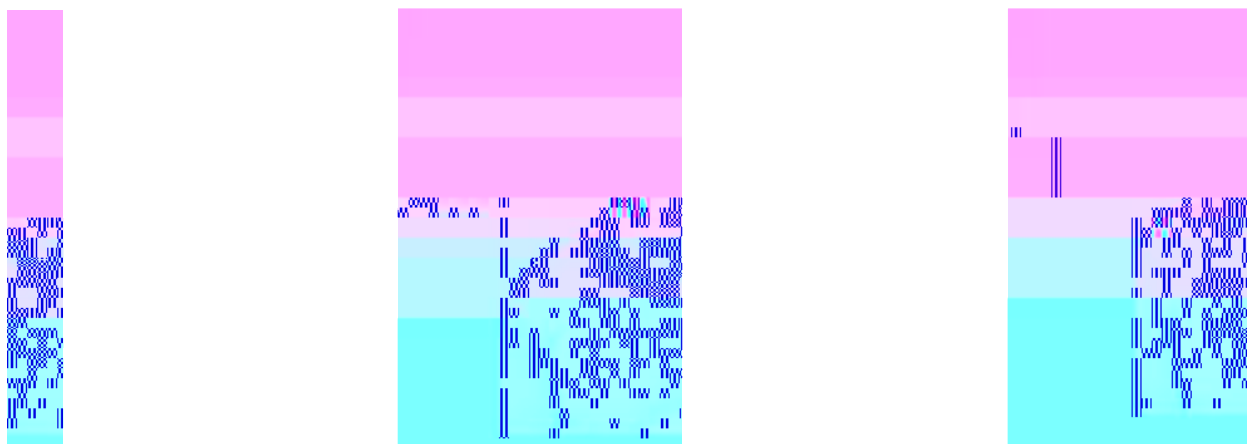
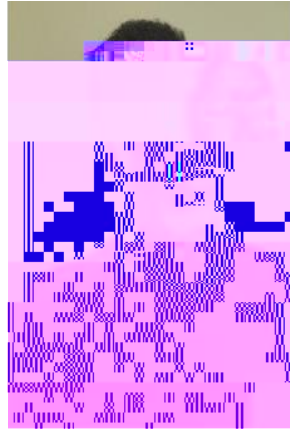
Stress Rating Before Exercise

First, please rate your stress or tension right now before we practice **the Signal Breath**.



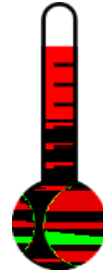
Q! On a scale of 1 to 5, how would you rate your tension? _____

Signal breath: Practice session



Tension rating after exercise

How would you rate your tension level now after **the Signal Breath**?



Q! Now, please rate your tension or stress level from 1 to 5 _____

FOR NEXT WEEK: *Putting it into practice*



The signal breath:

Try to practice this every day and to use it in stressful situations. See if it helps.

You can listen to these managing stress exercises any time by visiting:

<https://soundcloud.com/user-971142120/sets/start-relaxation-tracks>



Behaviour record:

Please use the record on page 20 to write down the things your relative does that concern or upset you. Please, try to use it every day.

START *Putting it into Practice*

Is there anything that might get in the way?

Is there anything that might make it easier?

Notes
