

iSupport For Dementia

Training and support manual
for carers of people with dementia





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iSupport for dementia. Training and support manual for carers of people with dementia

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CONTENTS

ACKNOWLEDGEMENTS

i

PREFACE

iii

USER GUIDE

iv

Module 1. Introduction to dementia

1

Module 2. Being a carer

11

Lesson 1. The journey together

12

Lesson 2. Improving communication

24

Lesson 3. Supported decision-making

42

Lesson 4. Involving others

57

Module 3. Caring for me

69

Lesson 1. Reducing stress in everyday life

70

Lesson 2. Making time for pleasant activities

82

Lesson 3. Thinking differently

92

Module 4. Providing everyday care

107

Lesson 1. Eating and drinking - more pleasant mealtimes

108

Lesson 2. Eating, drinking and preventing health problems

121

Lesson 3. Toileting and continence care

128

Lesson 4. Personal care

140

Lesson 5. An enjoyable day

152

Module 5. Dealing with behaviour changes

165

Lesson 1. Introduction to behaviour changes

166

Lesson 2. Memory loss

177

Lesson 3. Aggression

187

Lesson 4. Depression, anxiety and apathy

201

Lesson 5. Difficulty sleeping

210

Lesson 6. Delusions and hallucinations

223

Lesson 7. Repetitive behaviour

231

Lesson 8. Walking and getting lost

237

Lesson 9. Changes in judgement

245

Lesson 10. Putting it all together

257

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PREFACE

Dementia is a major cause of impairment that affects a person's memory, thinking and behaviour, and interferes with one's ability to perform daily activities. It affects people worldwide, in particular older people. Globally, families provide the majority of care to people with dementia. The impact of dementia is significant to the individual who lives with dementia, their families, societies and countries, both in financial terms and human costs.

The *Global action plan on the public health response to dementia 2017-2025* represents an important step forward in achieving physical, mental and social wellbeing for people with dementia, their carers and families. It is an opportunity for individuals, communities and countries to realize the vision of a world in which dementia is prevented and people with dementia and

Being a carer for someone with dementia may affect one's physical and mental health, well-being, and social relationships. Long-term care systems must account for the significant emotional, financial and social impact of caregiving on families and relatives, while addressing the needs of people with dementia. This includes providing carers with access to education, skills training, respite and social support through affordable, evidence-based resources.

To address this need, the World Health Organization (WHO) has developed iSupport, an online skills training and support programme for carers of people with dementia. This iSupport manual allows carers who do not have access to the internet, or who prefer a manual, to benefit from the tool. The iSupport online programme and manual are currently being field-tested. It is our hope that the

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