

BRIGHTER DAYS: SMALL CHANGES THAT MAKE A BIG DIFFERENCE IN DEMENTIA CARE



What's In Your Caregiver Tool Box?

- Keep a Routine
- Use visual aids, reminders, checklists
- Use Simple Language & Remain Calm
- Validate feelings
- Take Breaks and Seek Support
- One Task at a Time
- Eliminate Unnecessary Items Out of Sight During Tasks

(Petersen,2024)

Implementing Adaptive Strategies

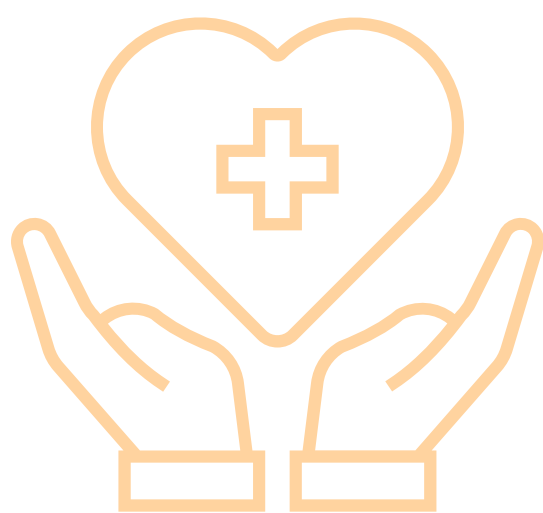
- Schedules & Routines
- Using medication boxes
- Reminders through labels & alarms
- Using a toileting schedule
- Simplifying choices
- Use a memory board with photos, names, and daily routines

(Piersol et al., 2017)

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Safety

- Eliminate Tripping Hazards
- Use Night Lights
- Implement grab bars when needed
- Address Sundowning Episodes
- Adjust Water Temperature Settings
- Keep Emergency Numbers Visible

(Hegge,2025)

Caregiver Support

- Emotional Support Groups
- Education on Dementia care
- Local and Online Connections with Other Caregivers

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YOU ARE NOT ALONE!

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