

How to

C
COMFORT

E
ENVIRONMENT

A
ACTIVITY

S
SOCIAL
CONTACT

E
ENGAGING

Stress and Distress in Dementia

Are they free from pain?
Are they hot/cold enough?
Are they hydrated?
Double check if they might be in pain

Is it too noisy/too quiet?
Is it too bright/too dark
Are signs clearly visible for toilet?
Are signs clearly visible for each room/each door?
Do rooms have an identifiable use?

Do they have an Interest and Activity Checklist completed?
Are there opportunities for meaningful and purposeful activities?
Be creative about activity - it doesn't always have to involve staff

Are there opportunities to have contact with family/friends/others?
Are there opportunities to form friendships?
Are there opportunities to contribute to the home?

Make eye contact
Use simple instructions
Use yes/no questions
Allow enough time for the person to respond
Accept alternative perceptions of reality
Use DO rather than DON'T instructions
Notice and acknowledge how they might be feeling