



**Improving with Improv**  
 Practical ideas for dementia caregiving

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1



Everyone on the same page

9

Every person is an individual.




10

Persons living with dementia are no different than you or I



11

People living with dementia are just trying to make sense of their world. Just like we are.



12

**We need to Change our Behavior**


13

Behavior is a form of communication.

Behavior is an expression of a need.


14

ICE CREAM IS GOOD



15

JGF GBFAM JS CQQD



16

ICE CREAM IS GOOD

17

Filling in the  
\_\_\_\_\_ is perfectly normal

18

We are all just using the information is available.

19

IMPROVISATION

20

How do YOU define  
Improvisation?

21

IMPROVISATION  
The spontaneous  
revelation of what the  
imagination presents.

22

IMPROVISATION  
Making stuff up.

23

THE GUIDELINES

24

Listen Fully  
Say Yes And  
Agree – Don't Deny  
Accept Offers and Gifts  
Commit 100%

25

Go With the Flow  
Step Into Their World  
Be in the Moment  
Silence Can Be Powerful  
Enjoy (to get joy from)

26

THE GUIDELINES  
Listen fully

27

Listening is one of the  
loudest forms of kindness.  
Anonymous

28

Deep listening is the kind of listening that can  
help relieve the suffering of another person...  
You listen with only one purpose:  
to help him or her to empty their heart.  
Thich Nhat Hanh

29

I see you are feeling \_\_\_\_\_.  
Yes...  
Is there anything I can do?  
I understand.  
I am sorry.

30

THE GUIDELINES  
Agree – don't deny

31

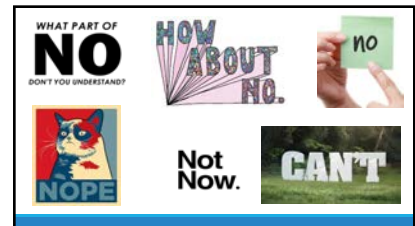
Arguing isn't  
fun for anyone.



32

How do you like to hear  
NO?

33



34

Physical No's  
Mental No's  
Emotional No's

35

What words come to mind  
when you hear the word

**Home**



Write any you think of in the Chat Box

36

*I want to go home*



37

And how do we respond? .

*Oh, Mrs. Carter this is your home now.*

Or we lie:  
*Your husband will be here to  
pick you up at 6:00pm*

*Mrs. Carter Let me show you your room.*

38

**THEIR  
TRUTH**

They believe they  
are NOT *home*.

You are telling them  
they are wrong.

39

**THE GUIDELINES**

**Yes and...**

40

What if we  
respond with  
**Yes and...**

41

*"I want to go home"*

*"Yes and...tell me  
about your home."*

42

*"I want to go home"*

*"Yes and...I understand is  
there something you may  
be looking for?"*

43

*"I want to go home"*  
*"Yes and...let's get a jacket it's a little chilly."*

44

*"I want to go home"*  
*"Yes and...what's your favorite part about your home?"*

45

*"I want to go home"*  
*I am so sorry.  
I really want to help.  
How can I help you?*

46

*"I want to go home"*  
*"Yes and...I want to go home too."*

47

**Yes and...**  
I understand  
I hear you  
I know how you feel

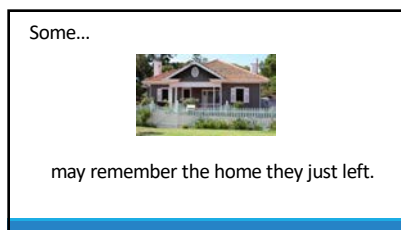
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**Yes and...**  
validates  
empathizes  
agrees

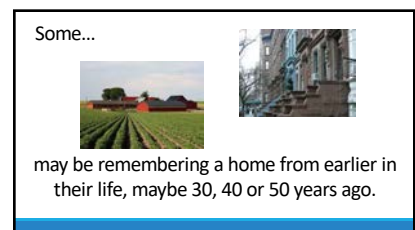
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51



52

Some...



may be talking about going home in the sense of a heavenly home.

53



my stuff garden comfort doing what I want  
 pets good food mortgage Mom  
 family messy my bed  
 place to relax freedom kids  
 safe love

54

### The Why's of Actions

Health: Emotional? Physical?  
 Communication  
 Task at hand  
 Environment  
 Unmet Needs  
 Life Story  
 You

55

### The Why's of I want to go home

Health: Emotional? Physical?	Is in pain
Communication	Overheard someone talking about their Mom
Task at hand	Baking reminds them of their home
Environment	Saw a school bus
Unmet Needs	Doesn't feel safe
Life Story	Always made dinner
You	You remind them of their spouse when they were younger


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## THE GUIDELINES

# Accept offers and gifts

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### The gifts of Alzheimer's




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## THE GUIDELINES

# Commit 100%

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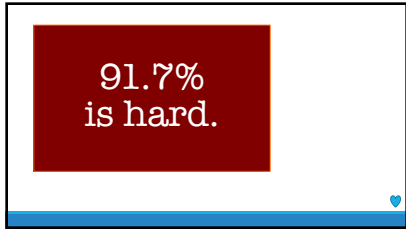
Go all In



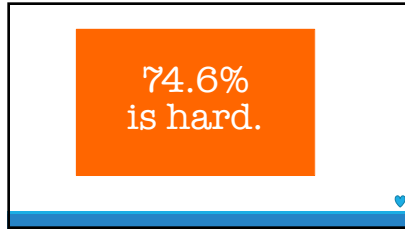
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45% is hard.

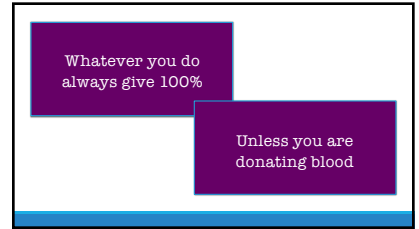
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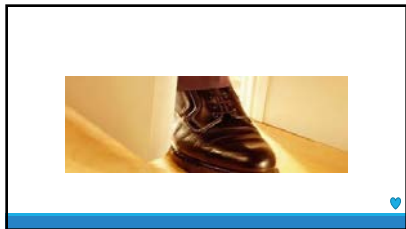
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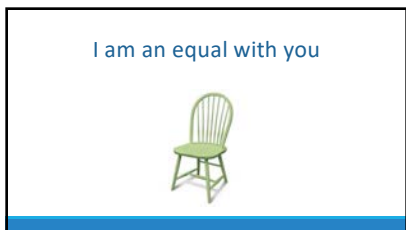
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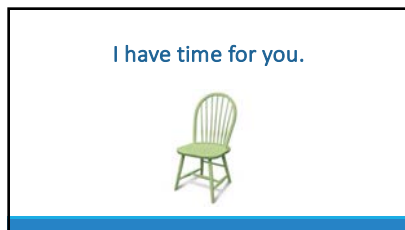
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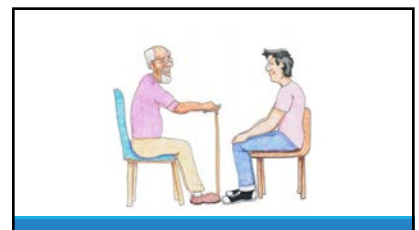
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THE GUIDELINES

Go with the flow

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72

Before you unfold the towels so your Mom can fold them again, let's think about what did your Mom like to do?



73

How can you adapt anything to fit his current abilities?



74

Even if you think she won't do anything - you can try. She may be more apt to try something if she has interest or a past with it.



75

Start at their highest ability and adapt from there.



76

Let's give our loved ones something they enjoy and that has purpose.



77

My Dad always loved fishing



78


Can he still fish?



79




Can he put a worm on the hook? Take a fish off the hook?  
Put a line on the reel?



→

80


Can he "supervise" fishing?



→

81


Can he look at a book about fishing?  
Or read a book about fishing to a child?



→

82


Can he paint or use colored pencils for a picture of fish?



→

83

Can he watch a show about fishing?



→

84

Always at their highest ability  
and adapt from there.

You may need to give them  
reassurance and let them know they  
are doing great.

85




86

THE GUIDELINES

Silence can be powerful

87

Silence can be powerful



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Silence can:  
Stimulate brain cell growth  
Lower our stress levels  
Enhance sleep  
Help us tap into our creativity



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To simply be with another person is a great gift.



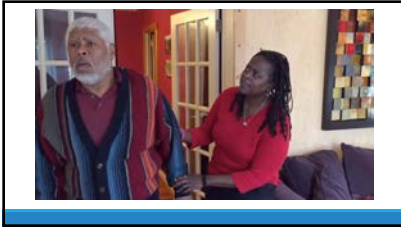
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## THE GUIDELINES

Step into  
their World



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## THE GUIDELINES

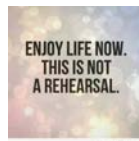
Enjoy

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ENJOY en-joy  
1. take delight or pleasure in.  
2. possess and benefit from.

95

Enjoy



96

Smile



97

Smile



98

Smile



99

Smile



100

Smile



101

Smile



102

Smile



103

Smile



104

Smile



105

Smile



106

Smile



107

Smile



108



109

What triggers behavior?

What triggers happiness? Joy?

110

THE GUIDELINES

**Be in the Moment**

111

A person came into your room in your home opened your drapes and said,  
*"It's time to get up."*

Then proceeded to attempt to pull your blankets down.

And you don't recognize them.

What would you do?

112

If you think about it,  
people with dementia are acting  
perfectly normal for their situation.

113

Who is it hurting?  
Whose problem is it?  
Is it a matter of health or safety?

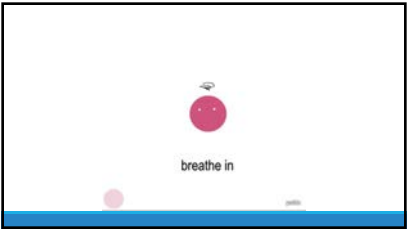
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**Be patient. Before you speak, take a moment.**  
Know you might have to wait for their response.  
Find a way to be ok with that.  
Patience is a skill that will improve all parts of your life  
and caregiving allows daily practice.  
You might think you'll never be patient enough.  
You will be. One day your ability to be patient will just  
show up. If you find yourself getting frustrated.  
Give yourself a time out. Excuse yourself and come  
back in a moment or two.

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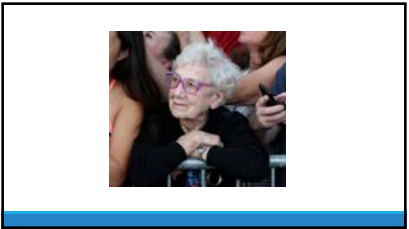
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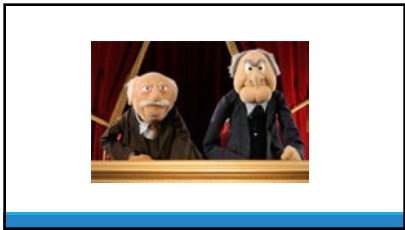
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123

**When we know better,  
we do better.**  
- Maya Angelou

124

**Thank you!**

New Book Coming in June!

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NEW SITE!

[www.beinginthemoment.org](http://www.beinginthemoment.org)

