

NEW

The Pocket Docket Smart Care Cards for Personal Support Workers Caring for Older Adults

Available for download:
www.rgpc.ca

4 new SmartCare Cards to add to the collection:

- Personal Hygiene Towel Bath
- Personal Hygiene Back Rub
- Sleep Hygiene
- Communication Aphasia

These 2-sided pocket-sized smart care cards are designed for direct care providers to

- be knowledge-informed,
- review up-to-date care techniques, and
- assist with client-centred care planning.

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Smart Care for Personal Support Workers
Caring for Older Adults

Personal Hygiene - Towel Bath

i Know . . .
For Older Adults with Dementia:

- Personal hygiene is necessary for health, comfort, and well-being
- As their dementia worsens they increasingly rely on others to do their personal hygiene and grooming needs
- Can become anxious and/

i See . . .
Older Adults with Dementia:

- **Skin:** rashes; red or open areas; dry

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Personal Hygiene - Backrub

i Know . . .

- Relaxation is important while preparing for sleep
- Sedatives (sleeping pills) are often used to help older people sleep BUT
- Sleeping pills can have bad side effects such as daytime drowsi

i See . . .
Older Adults with Dementia:

- **Skin:** rashes; red or open areas; dryness or
- or bowel
- required
- tis,
- akness

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Sleep Hygiene

i Know . . .

- Ability to sleep changes with age
- The sleep-wake cycle changes so there is decreased total sleep time, more time spent in bed not sleeping, and increased napping
- Most common sleep problem is being easily awoken followed by long periods of wakefulness
- Lack of /poor sleep can affect

i See . . .

- Complaining of feeling tired

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Communication - Aphasia

i Know . . .

- Aphasia is an acquired language disorder due to damage from stroke traumatic brain injury, tumour or neurological disease like dementia
- It usually affects the left side language areas of the brain including an impaired ability to understand language such as reading, writing, speaking
- Often confused with dementia
- Each person will have unique communication access needs often requiring facilitators or accommodations
- Having aphasia is like being in a foreign country where you don't understand the language and no one understands you
- Persons with aphasia are often treated or mistaken to be cognitively impaired

i See . . .
Persons may show any of a wide variety of language deficiencies such as the inability or impaired ability to

- Produce grammatically correct sentences
- Pronounce or form words
- Name objects or repeat a phrase
- Speak spontaneously
- Ready or write

Or the following:

- Creation of non-words
- Persistent repetition of words or phrases
- Substitute letters, syllable or words and/or
- Difficulty speaking with accurate inflection, stress and rhythm
- Communication attempts may appear as fear agitation, aggression, frustration, sadness, confusion

More information
www.rgpc.ca
www.shrtn.on.ca
<http://http://glic.rgpc.on.ca>



Wisdom from Experience



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