

## The Total Care Solution

### What makes us different from other Home Health Care Agencies?

We focus on safety and adaptability:

We have a quality assurance program that starts with an extensive employment screening process and continues auditing caregivers while at work.

We realize our clients are going through a difficult time and that every client's situation is different.

We need to be able to quickly adapt to their specific needs. You will never hear from us: "we can't do that because our policy is . . ."

All caregivers have a minimum of 2-years experience, are fully background checked, are bonded and insured.

**Have questions? Let us answer them. Make an appointment and we'll give you a FREE care level assessment.**

Call us now for more information.  
888-956-7706



ACCREDITED HOME HEALTH CARE  
*Care with Compassion & Dignity*

## Alzheimer's & Memory Loss Support

Accredited Health Care has a complete program aimed at enhancing the lives of those who struggle with Alzheimer's disease and other memory disorders.

888-956-7706



Accredited Home Health Care

with offices in:

Annapolis & Ellicott City Maryland

Phone: 888-956-7706

[www.HomeHealthCareMD.com](http://www.HomeHealthCareMD.com)

A dynamic program designed to enhance the lives of patients and their family:

- Developing an adaptable "Plan of Care" to correspond with the seven stages of Alzheimer's disease.
- Taking a nurturing approach to care while understanding the personality changes associated with Alzheimer's disease, such as agitation and confusion.
- Incorporating safe, appropriate and enjoyable activities designed to stimulate the mind.
- Administer a Reminder Program prompting patients to:
  - Take medications at the prescribed times
  - Practice good hygiene
  - Toilet prior to incontinence
  - Establish a schedule for eating meals
  - Remind of family relationships & events
  - Prevent wandering and calm anxiety



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Basic Concepts and Guidelines for Caregiving:

### Goals of Caregiving:

- Protection from physical injury
- Maintain independence as long as possible
- Focus on what the person can still do
- Provide physical and mental activities that the person can do
- Support the person's dignity and self-esteem at all times

### Communication Skills:

- Although there may be some cognitive disorders, they are still adults and should be treated as such, with dignity and respect.
- Communicate in a normal manner. Assume the person can understand you.
- Allow more time for the person to think and act. Be patient.
- Do not argue. Accept their reality.
- Watch and listen to the person to assess their needs.

### Environmental Considerations:

- Create an environment that is peaceful and quiet, simple and uncluttered.
- Maintain a consistent routine.
- Insure a safe environment, consider fall risks.

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### Behavior:

It is important to understand the behavior of the person with dementia. Their actions, however inappropriate, are not deliberate or intentional: they are a result of the disease.

### When inappropriate behavior is exhibited:

- Do not try to argue or apply logic.
- It is better to prevent inappropriate behavior than to just react to it.
- Try to influence the behavior by modifying the environment
  - Be patient, calm, gentle, and loving.
  - Take one step at a time.
  - Don't confront the person or try to orient them to reality.
  - Listen for repeated or out of place words.
  - Read body language and voice tone.
  - Determine why the behavior occurs.
  - Determine under what circumstances the behavior occurs.



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