

# Tips for Partnering with Day Care Staff

## ***Tell the staff about your loved one***

Be sure to let the staff know about your loved one's personality, history, hobbies, interests and proudest moments. They can use this information to establish rapport and develop appropriate programming.

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## ***Let them know about your routine at home***

Do they usually take a nap in the afternoon? What do they like to eat for lunch? Do they take a walk in the morning? Does your loved one become more confused in the afternoon or restless when they have to use the bathroom?

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## ***Regarding changes at home***

Changes in routine, even pleasant ones such as visits from grandchildren, can be difficult for people with dementia. This response will vary from person to person and may not always be expressed in the way one would expect. It's important to let day-program staff know, so they will understand if there is a difference in your loved one's behavior, mood or level of functioning.

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## ***Share your strategies for keeping your loved one happy***

As you care for your loved one, you no doubt have come up with ways to make them happy. Perhaps you have turned on certain music when they are irritable. Maybe you take them for a walk when they are restless or turn on their favorite TV show.

## ***About behaviors that are difficult to manage***

Perhaps your loved one has trouble sleeping at night, or you have difficulty getting them dressed? Maybe they insist on getting ready for work every morning although they have been retired for twenty years. Behavior problems can be tough to manage. Don't go it alone. Discuss behavior problems with staff, so together you can develop strategies that will help. You might have to try several approaches to find one that works. This can be a matter of trial and error so be sure to keep them posted about how things are going.

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## ***If there is a sudden and acute change***

A sudden and acute change in behavior, mood or functioning can be a symptom of a medical issue such as a urinary tract infection (UTI), dehydration or a problem with medication. It's important to let both the staff and the doctor know about this as soon as possible.