



“ I cannot say enough about **Simplify Senior Living**. Loretta has cared for both of my parents and created a bond that is like the best kind of family. She is kind, gentle, knowing and loving with **a huge understanding of dementia**. Her approach is as a companion and friend, and treats my mom with such dignity and grace. She gives my mom appropriate respect, autonomy and independence with gently support and care. She is always there when we need her. Loretta has helped me manage one of the hardest times in my life and has been such a good friend to me in my time of need. ”



Good quality of life is especially important for older adults who are dealing with chronic health conditions, cognitive issues, and major life changes. **Emotional support** and **quality companionship** can ease the transition when older adults are experiencing these life changes.

Simplify Senior Living serves clients who reside in their own home, independent living, assisted living, memory care and personal care facilities.

Caring for someone with a cognitive disorder is a unique journey. The caregivers at Simplify Senior Living can make a meaningful difference.



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Loretta and her team of caregivers believe **compassion, connection, and emotional support** are key to helping your loved one be healthy and happy.

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WHEN WE UNDERSTAND, WE CARE.
WHEN WE CARE, WE HELP.

CAREGIVING TIPS FOR *dementia*

- ✓ Everyone desires and deserves **RESPECT, DIGNITY**, and **EQUALITY**. It is how we all wish to be treated.
- ✓ See the **WHOLE** person.
- ✓ Look for **STRENGTHS** rather than deficits.
- ✓ Dementia-friendly environments are better for **EVERYONE**.
- ✓ Match **YOUR** speed to **THEIR** speed.
- ✓ Demonstrate **MORE**, talk **LESS**.
- ✓ Ask, then let **THEM** decide. *This one or that one? Now or later?* Honoring their choices builds **TRUST**.
- ✓ Living their truth helps to create moments of **JOY**.
- ✓ Your mood is **CONTAGIOUS**. Attitude is **EVERYTHING**.
- ✓ What you **DO** for me, you **TAKE AWAY** from me.
- ✓ Show empathy, respect, and unconditional **POSITIVE** regard.
- ✓ Always remember, an individual is a person **FIRST** who happens to have a diagnosis of dementia.



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WHAT IS A *care partner?*

A care partner's role is to facilitate where care is needed, to encourage independence and self-respect.

Care partners recognize that they are working **together**. Caretakers focus more on accomplishing the task. Care partners are **people** and **relationship-oriented**. This approach is geared towards helping the person diagnosed feel enabled, valued, and socially confident - all while encouraging self-worth.

ACTIVITIES FOR *dementia*

The goal of dementia caregivers should be to make daily life **meaningful** and **purposeful**. Daily activities should be **impactful**, not a diversion.

EXAMPLES OF MEANINGFUL ACTIVITIES:

- ✓ Spend time in **NATURE**. Getting outside for **10-20 MINUTES** in the fresh air and natural scenery is a great mood booster. It can also increase short-term memory and even improve depression.
- ✓ **ART THERAPY** can slow the pace of cognitive decline while also reducing anxiety, depression, anger and/or sadness.
- ✓ **SENSORY** and **TACTILE STIMULATION** through hobbies or crafts helps someone with dementia to express themselves creatively. This type of activity is especially helpful for people who have a difficult time with verbal communication.

Contact Simplify Senior Living today to see how we can help care for your loved one with dementia.