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County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

Dementia Corner

Sustainability in supporting a loved one living with Dementia

Speaking with some experience on this subject I feel that I am in a position to assist families who are supporting a loved one who has a progressive decline in cognition.

How we have all tried to support/cope with the ever changing personality of a loved one without a thought of how we might sustain this going forward

When someone we live with loses their memory/cognition we attempt to find ways of supporting this in a way that will “help” that person.

We tend to, without even realizing, take control of the situation as this makes us feel good about “making a difference”but hang on a minute. Did any of us even consider how we could possibly sustain this in the long run. Of course we didn't. We were “helping” and, as I am sure many of you will be able to relate, we were quite possibly making things much worse.

Before we know we are organizing their day down to the single minute to ensure that everything is taken care of. Getting up at 07:30, wash and dress, medication at 08:00, breakfast at 08:30, doctors at 11:00, tea and cake etc. etc. and the list becomes endless to the point that every day is a Military exercise in management of the situation, which, actually, we the carers have created in the first place.

Instead of the loved one being assisted to help themselves, we find that we are doing everything for them to the point that not only can they no longer cope with doing anything themselves, as we have taken away their skills, they see us as interfering and unwanted in the process.

In amongst all of this attempt to be “helpful” we tend to forget the person, and see them from a carers point of view. Relationships break down as our loved one becomes more and more frustrated by our “help” which they see as out of the ordinary and unwanted.

We as the carers feel rejected and equally frustrated with the apparent lack of gratitude for our efforts and before you know it resentment sets in and the relationship is finished as we know it.

This is the point that we often resort to seeking the assistance of professionals, and in some circumstances a residential setting. We attempt to assure the staff that the detailed daily routine which we have painstakingly written down on paper is the ONLY way we they will cope with him/her. However our instructions are utterly unsustainable in any setting, let alone a residential home where there are another 40-50 residents with just the same complex needs.

Hope is not lost though, as quite often, and at Norwood House this is even more prevalent, once the regimental aspect of the residents daily lives are stripped down and they are encouraged to lead fulfilled lives and , wherever possible and safe to do so THEY are in control, they often settle down and live very happily in a residential setting.

Family members are overjoyed at how content their loved one is.

However the key should always be that people living with dementia must not be drawn into a life that is controlled by others as they will “fight against” this, as it is human nature to do so. Especially when they have lost the insight to understand that sometimes we are just “helping”

Staff Games



Staff having a go at putting the ball on the target.

Happy Birthday Charles!



Charles celebrated his birthday this month. He had a lovely cake made by the chefs. He also had a lovely birthday visit from his family.

Tiger Years

1902, 1914,
1926, 1938,
1950, 1962,
1974, 1986,
1998, 2010,
2022

Tiger Characteristics

A tiger is a born leader. They inspire respect. They are courageous and energetic and love a challenge.



To celebrate the Year of the Tiger, the residents enjoyed some Chinese dishes made by our chefs. The dining room was also decorated with lots of Chinese lanterns.

Happy Valentine's Day

The residents enjoyed
some lovely chocolate cake
to celebrate Valentine's
Day.



We would like to congratulate
Sheila and David on their 70th
Wedding Anniversary on the
16th February 2022



Dog Therapy

The residents had a lovely visit from a furry friend this month. Plenty of cuddles all around!



We would like to congratulate
our Receptionist Toni on the
safe arrival of her baby girl
Isabel May on
February 4th 2022

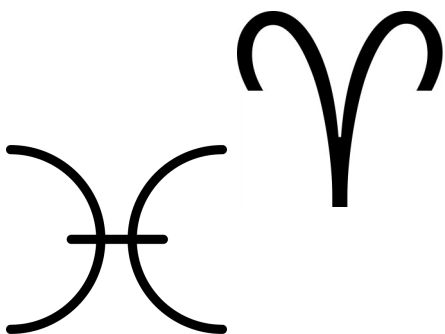


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10 Facts About March Babies...



1. They're highly intuitive.
2. They naturally assume that they are born to lead.
3. They have a heart of gold.
4. They are optimistic.
5. They can be creative.
6. They are devoted.
7. They tend to prefer solitude.
8. They are either a Pisces or a Aries. March babies who arrive before March 21st will be a Pisces, the sign associated with compassion and creativity. Babies born after March 21st will be an Aries, the sign thought to be passionate, motivated and energetic.
9. Their birth flower is a daffodil, which represents joy, sunshine and friendship.
10. They have two birth stones, Aquamarine and Bloodstone.





Quiz



1. A plant produced by crossing different species is known as what?
2. A temple to whom was sited at Ephesus?
3. According to the proverb, what is the better part of valour?
4. After 1928, women over what age were given the vote?
5. Are sea-urchins animal, vegetable or mineral?
6. Avian relates to which kind of creatures?
7. Bill Gates founded which computer corporation?
8. Bouillabaisse is what kind of fish dish?
9. By what name do we often call nitrous oxide?
10. By what name is Jim Moir better known?
11. By what name is mid-Lent Sunday popularly known?
12. Called hood in America, what's this part of the car called in the UK?
13. Chartres cathedral in France is famed for what particular feature?
14. Chemically pure gold contains how many carats?
15. Coal is composed of which element?
16. Diana Ross, Florence Ballard and Mary Wilson formed what?
17. Dr John Pemberton invented which drink in 1886?
18. From which fish is caviar obtained?
19. Garibaldi, Nice and Ginger Nut are all types of what?
20. Grandfather, cuckoo and carriage are all types of what?

1. A hybrid
2. Diana
3. Discretion
4. 21
5. Animal
6. Birds
7. Microsoft
8. Soup
9. Laughing gas
10. Vic Reeves
11. Mothering Sunday
12. Bonnet
13. Stained glass
14. 24
15. Carbon
16. The Supremes
17. Coca Cola
18. Sturgeon
19. Biscuit
20. Clock

Answers:

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We look forward to assisting you



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