

New to Dementia?

How to Help Someone with Limited Abilities Live at Home

by JoAnn Westbrook N.H.A.

*PAC Certified Independent Trainer and Director of the
Pines of Sarasota Education and Training Institute*

In 2007, I created the Pines of Sarasota Education and Training Institute to provide education and training to our own staff, our local community, and our region. In the past few years we have added an amazing team, Valerie who is our E-Commerce Manager, and Emilio who is our I.T. and Customer Service Support.

Our partnership with Teepa began ten years ago with a DVD entitled *It's All In Your Approach*. We now have 25 DVDs, 25 online videos, and five recorded Webinars. We have customers in 38 countries worldwide.

Living at Home with Mid- to Later-Stage Dementia

Our latest DVD, with Teepa Snow and Linn Possell, which you can [view a preview of here](#), shows how to help someone in mid to later-stage dementia have a fulfilling day.

In this video you will meet Ray, a resident living with dementia, who was born and raised in Kentucky. As a young man, he joined the army and loved to travel. Ray was a kind and gentle soul, always interested in helping others. He loved to work with his hands and worked as a jeweler during one part of his life.

Quite often, the person living with dementia will make mistakes while trying to do everyday tasks. With a little bit of guidance, skill, and patience the person living with dementia can have a very successful outcome.

Understanding who the person is, based on their history, and knowing their preferences will also help create an engaging day.

However, as you can see in this video, Ray became overwhelmed when presented with too many options, or with too many people offering suggestions. Some skills such as brushing teeth or shaving became overwhelming, as Ray was unable to recognize objects or understand what to do with them. A little Hand-under-Hand® guidance helped him succeed.

It is amazing how the simplest things during the day, such as making a sandwich, sorting cards, or adding a little exercise can create a meaningful day. [Watch how Teepa and Linn provide prompts and cueing](#) for Ray using everyday tasks to help Ray become successful.

In the later section, Teepa looks at skin care and how to get Ray to be ok with applying lotion to his hands, legs, and feet. This can help later on with other areas of the skin, such as bathing up close and personal.

Once someone reaches the mid- to later-stage, you will need to watch for safety issues, and be aware that they will need your guidance to create their day. Setting up the environment for success plays a key role in their day to day experience.

Teepa and Linn's wonderful skills help show how using the Positive Approach® to Care techniques will create the right approach and support needed for a successful outcome, which creates the relationship and builds trust.

This DVD is dedicated to the memory of our resident Ray, who passed away not long after the filming of this program.

JoAnn is a highly creative entrepreneur with a long track record of founding and growing successful businesses.

A Florida-native, born and raised in Sarasota, she spent the first 25 years of her professional life on her toes, literally. An avid ballet professional, JoAnn spent 18 years in Greensboro, NC, where she created and ran a classical ballet company, two dance schools, and she created the Ballet department at Greensboro College.

She returned to her home state to care for her mother who was diagnosed with multiple myeloma; a journey that prompted her to learn more about aging and its intricacies.

She received her degree in Gerontology at the University of South Florida and expanded her professional career as a Nursing Home Administrator and a certified Assisted Living Administrator. As the Author of "Do You Know Where Your Parents Are?," Mrs. Westbrook offers crucial information families need to choose the best health care option for a loved one.

In 1996 she opened a secure dementia care unit at Pines of Sarasota, named "The Garden." To address the needs of professionals and caregivers in the home, she founded the Pines of Sarasota Education & Training Institute in 2007.

To further advance her Florida State-Certified Alzheimer's training, JoAnn became a "Positive Approach to Care™" certified trainer in Teepa Snow's techniques in 2014.

When she's not in the office or travelling the state to train caregivers in Positive Approach™ techniques, JoAnn and her artist husband K.C. Higgins can be found plotting their next adventure.