

Respect ALL



National Initiative
for the Care of
the Elderly
Initiative nationale
pour le soin
des personnes âgées

NICE

We care together
Ensemble pour
le bien-être des aînés

and think about:

RECREATION

- Provide stimulation unique to individual needs
- Try things that the person used to enjoy such as gardening, music
- Try new things such as art, walks outside

ENVIRONMENT

- Provide a safe and secure environment
- Use effective lighting to reduce confusion
- Avoid excessive noise such as TV, overhead papers

SHARING THE CARE

- Talk with family
- Work with all members of the care team

PERSON

- Respond to individual needs
- Know their abilities
- Know what is important to them

EDUCTION

- Learn about dementia and how it can affect behaviour
- Think about your clients' needs and plan for the future
- Understand that all behaviour has meaning

COMMUNICATION

- Use simple language
- Speak in a soothing, calm voice
- Speak at the eye level to the person
- Repeat, Reassure, Redirect

TOTAL PICTURE

- Know who they are and who they were
- Support/maintain independence

ASSESSMENT

- Physical/mental condition
- Medication effects
- Activities of Daily Living
- Safety

LISTENING

- Take the time to hear what the person is saying to you
- Pay attention to not only what they say, but body language, mood, etc.

LOOKING AFTER YOURSELF

- Get enough sleep, eat nutritious meals, exercise regularly
- Take some time every day to do something for yourself
- Don't be afraid to ask for help

For more
information
on Best Practices:
www.nicenet.ca



National Centres
of Excellence