

## What can I do to help my loved one transition to this unit?

- Try to make room home-like; bring in familiar blankets, pictures, etc.
- Label loved ones belongings in case personal items go missing
- Have good supportive footwear for resident.
- Avoid bringing flowers or other items with scents (*Scent Free Policy*).
- Bring in break resistant picture frames (safety risk).

Care giving for persons with dementia can be stressful at times, but also rewarding.

Remember, you are not alone.

### Online Resources:

- [www.alzheimernl.org](http://www.alzheimernl.org)
- [www.alzinfo.org](http://www.alzinfo.org)
- [www.westernhealth.nl.ca](http://www.westernhealth.nl.ca)

## Who can I contact if I have any other questions or concerns?

Please feel free to contact any of the numbers listed below:

### Bay St. George Long Term Care (709) 646-5800

Protective Care Unit Desk . . . . . ext. 222  
Resident Care Coordinator . . . . . ext. 223  
Social Worker . . . . . ext. 231

### Corner Brook Long Term Care (709) 637-3999

Protective Care Unit Desk . . . . . ext. 3993  
Resident Care Coordinator . . . . . ext. 3572  
Social Worker . . . . . ext. 3153

*Brochure developed by:  
Western Regional School of Nursing  
4th Year BN Students (2011)*

# Protective Care Units



*Bay St. George Long Term Care  
Corner Brook Long Term Care*



### Our Vision

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible - Your Health Our Priority.



# What is Dementia?

Cognitive function controls things like awareness, perception, reasoning and judgment. Dementia is the progressive deterioration of this function. Everyone experiences dementia differently depending on the disease or damage. Alzheimer's is the most common form of dementia.

## What type of behaviors can I expect?

- Memory loss and disorientation.
- Inability to deal with problems or complex tasks.
- Poor or decreased judgment.
- Agitation and/or aggression.
- Changes in personality.
- Wandering.
- Sexually inappropriate behaviors.
- Self-injury.
- Sun-downing (change in behaviors with different times of day).

## How should I interact with individuals who have dementia?

- Speak slowly and clearly, and use familiar words.
- Listen to both what the person is saying and to their body language.
- Approach person from the front.
- Remain calm, and do not overact.
- Do not take it personally if the person becomes aggressive.
- Be flexible in how you communicate. What works today may not work tomorrow. Try a different approach.
- If your loved one is having difficulty understanding, change the subject to relieve their frustration.



## Why does the Protective Care Unit look different compared to the other care units?

The unit is designed to promote wandering which help reduce frustration and aggression. The layout provides staff with better vision of residents which supports a safer environment.

## What should I expect to see when entering the Protective Care Unit?

- A locked unit; many residents may try to go home.
- Chairs to give residents an occasional rest.
- Scenic painted doors used to take attention away from leaving.
- Memory boxes or pictures helps resident know which room is theirs.
- Low beds reduces injuries from falling.
- Residents may wander in each other's rooms.
- Individualized care plan that is specific to each person's behaviour.