

# Dementia Progression Roadmap - Middle Stage

For people living with Dementia and their care partners



May need increased support to participate in meaningful activities like preparing a meal, doing laundry or hobbies.



Gradual shifts in emotional expressions of feelings and unmet needs.



May seek reassurance and connection through repetition.



May need increased support with personal care.

CARE PARTNERS FOCUS MORE ON THE NEEDS OF THE PERSON LIVING WITH DEMENTIA.

FEELINGS OF LONELINESS MAY CREEP IN. REMEMBER TO CONNECT WITH FAMILY AND FRIENDS.

IT'S IMPORTANT THAT CARE PARTNERS LOOK AFTER THEMSELVES - CONSIDER A BREAK.

MONITOR YOUR OVERALL HEALTH - STRESS IS A FACTOR.

- Participate in education series about dementia.
- Consider the environment - too noisy, too crowded, too busy may lead to increased anxiety. The opposite, too quiet, can lead to restlessness, searching for meaningful activity.
- Consider a break. Access your personal support network, respite, or adult day program.
- Adapt communication style. Arguing gets us nowhere. Go with the person, if there is no risk to health or safety.
- Join an Alzheimer Society support group to connect with other in the same situation.



Possible Changes Observed



Heads up for Care Partners



Strategies