



Comfort
Keepers.

Elevating the Human Spirit™



| INTERACTIVE CAREGIVING™ IDEAS |

Daily doses of joy

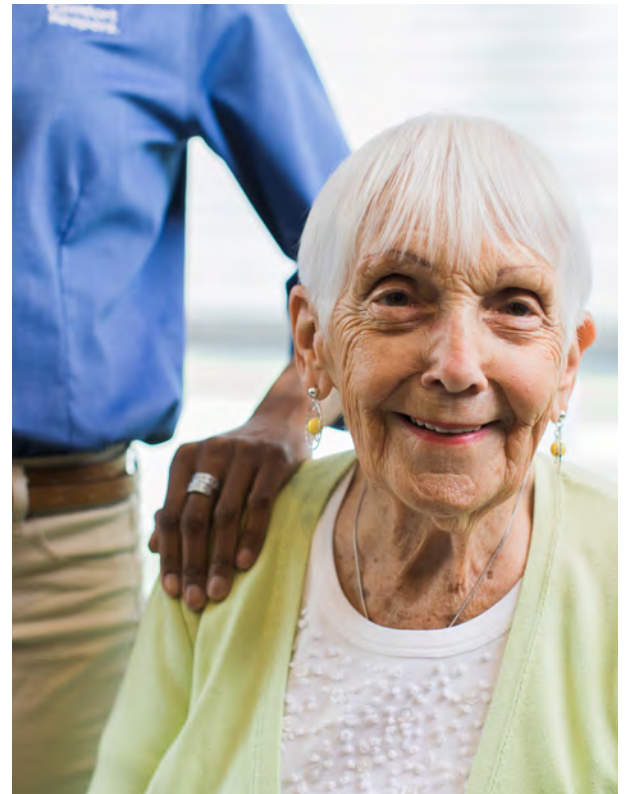
 Interactive
Caregiving™
BY COMFORT KEEPERS®

Elevating the Human SpiritSM

At Comfort Keepers[®], we believe that every day we spend with a client is a day we can make a difference in someone's life. As a *Comfort Keeper*[®], you make your client's day brighter by taking an interest, asking questions and doing activities *with* them, instead of *for* them. This is Interactive Caregiving[™], and it's how you create a connection that lasts.

Whether it's working together on simple chores, like folding laundry or organizing mail, or driving around town to run errands, the chance to create a bond and lift the spirit is ever present. In the following pages, we offer ideas, prompts, and conversation starters—organized by activity—that you can use to engage your clients, help their memory, and spark interesting conversations. Ask the questions, or variations of them, whenever it feels right. In time, your caregiver-client relationship will grow stronger and the conversations will come more naturally.

Remember: By engaging in Interactive Caregiving and taking an interest in your client's life and experiences, you are making them feel valued, respected, and honored. You are Elevating the Human SpiritSM.



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Laundry & Linen Washing



Communicate

- Since we are going to the grocery store today, what kind of detergent and fabric softener would you like to get? Have you tried other brands?
- I've dried the towels. Would you like to help me fold them?
- Here's the laundry basket with dirty clothes. Would you like to help me sort them by color and separate those that you want hand-washed?
- When I was doing laundry, I noticed you have a pretty blue dress. Have the styles changed much for you over the years? What was your favorite outfit and why?

Involve & Engage

- Have the client help with sorting clothes.
- Have the client put the detergent and fabric softener in the washer.
- Discuss the client's favorite outfit and change of styles.

Incidental Transportation



Communicate

- What is your favorite car and why? Did you own one?
- Since we are going to the grocery store today, would you like to take a different route? Maybe you can tell me about the neighborhood while we are driving.
- I know you've been a lot of places. Let's take some time today to visit some of your favorites.

Involve & Engage

- Discuss different cars the client has owned and driven.
- Discuss different modes of transportation the client has used.
- Discuss what has changed from the time the client started driving (e.g., signal lights, turning right on red, speed limits).
- Discuss the changes in the neighborhood.
- Take a scenic route and engage the client.

Grocery Shopping



Communicate

- I notice you have bread on your grocery list. Is there a certain brand or type of bread you like best?
- Here are all the grocery ads that arrived today. Would you like to help me make a list and choose which store has the best bargains this week?
- You mentioned you were in the mood for vegetable soup. Let's check your pantry, and you can help me make a list of the ingredients we will need. After that, we can look through the coupons from this week's paper.

Involve & Engage

- Develop a grocery list together. (Ask about brand names.)
- Review newspaper ads together.
- Cut out coupons together.
- Discuss favorite recipes and make a list of needed ingredients.

Clothes Shopping



Communicate

- Would you like to go shopping and look for a new dress?
- Is blue your favorite color?
- I noticed you received a new catalog today from your favorite store. Let's look at it and see if we can find something new that you like.
- I noticed a garage sale down the street. Would you like to take a walk and see if we can find something you might like?

Involve & Engage

- Look at catalogs with the client for likes and dislikes.
- Watch home shopping channels with the client for ideas.
- Go through the client's closet with him or her to identify styles, colors, and sizes.
- Look in the newspaper or online for garage sales.
- Go to the mall with the client to window shop.

Daily “TLC” Phone Call Ideas



Communicate

- How are you feeling today? Did you take your medication(s) this morning?
- Have you had any falls today?
- I know you went shopping yesterday; did you have a good time?
- Are you getting ready for bed?
- How was your day today?
- Your *Comfort Keeper*® is coming tomorrow. Do you need him/her to pick anything up?
- We haven't heard from you today. Is everything okay?

Involve & Engage

- A telephone call is made to the client as needed, and can be made by a *Comfort Keeper* or an office employee.

Errand Services



Communicate

- We need to pick up your refills from the pharmacy today. It's a beautiful day. Would you like to come along and enjoy the scenery?
- You have several items on your shopping list for us to pick up today. Can you help me plan our schedule of stops?
- I just used the last of your laundry detergent. Would you like me to go with you to get another bottle? Is there a store you prefer?

Involve & Engage

- When performing errand services for clients, always try to persuade them to go with you if they are able to. Share the excitement of getting out of the house and enjoying a nice ride. Develop an itinerary together.
- Discuss car models clients may have owned or ridden in throughout their lifetimes.
- Ask clients to tell you how they learned to drive.

Recreational Activities



Communicate

- I know how much you like to garden. Would you like to take a walk and look at your flowers today? You can tell me what varieties they are.
- I found these buttons in a jar when I was cleaning. Can you tell me about them?
- Would you like to listen to music? I noticed you have a lot of albums/ CD's. What's your favorite?

Involve & Engage

- Take a drive
- Go to a park; walk and sit
- Groom or exercise a pet
- Arrange flowers
- Work on crafts
- Knit or quilt
- Color or draw
- Play games
- Listen to music
- Read books aloud
- Browse through old photographs

Engagement Through Technology



Communicate

- Have you checked your email today?
- I think it's supposed to rain later. It might be a perfect day to stay inside and play some games. Which ones are your favorites?
- You mentioned that you wanted to see your family soon. We could drive to go see them, or if you want, we could do a video call together.
- I noticed that you have a keen interest in technology. Have you ever thought about taking a class or two to learn more?

Involve & Engage

- If the clients have a GrandPad, encourage them to utilize the many features:
 - Check email
 - Play games
 - Listen to music
 - Do video calls with family and friends
- Suggest doing the same activities if they have a computer, tablet, or smartphone.
- If clients have an interest in technology, you can show them video tutorials on YouTube or suggest joining a class at the local community/senior center.

Dementia and Alzheimer's Care



Communicate

- Reminisce! Everything you do together lends itself to reminiscing. If the person can still speak fairly well, say, "Tell me about..." If his/her vocabulary is limited, you may have to facilitate the story. "Do you remember when..." As you bake cookies together, you can talk about the client's favorite cookies, memories, etc.

Involve & Engage

- Read aloud and use visual aids such as memory poems, family pictures, or stories about "the days gone by."
- Make music. Sing, hum, whistle, or dance. Singing delivers oxygen to the brain to help people think more clearly. Dancing exercises other parts of the body. Both increase the well-being of the client.
- Stimulate the senses! Sensory stimulation activities include: painting, "talking books," scrapbooking, walking, flower arranging, baking, playing games, and listening to music.

Meal Preparation



Communicate

- Do you have a favorite cookbook or recipe box we can explore together?
- I noticed the dessert section of your cookbook has been used frequently. Would you like to pick out your favorite dessert, and we can prepare it together?
- I noticed a new cooking magazine in the mail today. Would you like to look at it together and choose a new recipe to try?

Involve & Engage

- Start a conversation about what mealtime was like when they were younger. Discuss what their dinner table rules were (napkins on lap, don't talk with your mouth full), and who was supposed to wash and dry the dishes.
- What great smells do they remember coming from the kitchen?
- Start a conversation about the kitchen table. What activities were done on and around the table during their childhood?

Light Housekeeping



Communicate

- I have washed and dried your towels. Can you show me how you like them folded and where they belong in the linen closet?
- I am changing the sheets. Would you like the pink or blue sheets on your bed?
- I am going to scrub the tub. Which of these two cleaners do you feel works the best?

Involve & Engage

- Talk to clients while dusting and cleaning. Comment on pictures, collectibles, or memorabilia.
- If clients can assist and are capable, allow them to help with chores. Even simple tasks enhance self-worth.
- Ask clients to show/explain how they like things done (if capable). Follow up to ensure you have satisfied them.
- Ask about the chores clients were assigned as children. What chores did they assign their children?

Grooming & Dressing



Communicate

- You have a lot of lovely clothes. What is your favorite dress?
- It's such a beautiful day outside. Let's get dressed and take a walk in the park. We can stop at your favorite nail salon and get your nails done, too.
- I have a favorite red dress that I like to wear during the holidays. Red is my favorite color. What's yours? Do you wear that color often?

Involve & Engage

- Discuss styles and fashions their children enjoyed and which wardrobes were hard to agree on.
- Discuss favorite colors. Watch movies that depict fashions of a certain era.
- Plan what to wear for special occasions like holidays or family get-togethers.
- Raise their spirits by getting dressed up and going out to breakfast, lunch, dinner, a movie, a walk, or a drive.



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