

Homewatch CareGivers is Redefining Dementia Care

THINK PEACE

Enhance well-being and enrich relationships using the **THINK PEACE** method.

“Homewatch CareGivers takes a different approach. Instead of focusing on the task, they focus on the relationship with the person. That’s the key...”

- Dr. Bill Thomas, geriatrician, author and aging expert



Toilet

The person may need to use the restroom and not know where to go.

Hunger

The person may feel hungry or thirsty and is frustrated.

Incontinence

Incontinence causes a person discomfort and embarrassment.

Noise level

Is the area too loud? Are too many people talking at once?

Know

Know what’s familiar to the person. Being able to talk with them about their past can be helpful.

Pain

Pain gets in the way of life. Are shoes too tight, possible headache or arthritis? What makes it better?

Environment

Is it too cold, too bright, too dark, too cluttered? The person may respond drastically to changes.

Activity

Meaningful engagement diminishes boredom.

Crowded

Are there too many people in one room? The person may become anxious in crowds.

Exhausted

The person may need to lie down and rest.