



## 1 Dementia Care at Home

- Identify the difference between casual forgetfulness and dementia
- Understand the causes of dementia (curable or non-curable)
- Early diagnosis leads to delayed progression
- Encourage mental & physical activities to slow down progress of dementia
- Create a safe and calm environment
- Use memory recall methods and old routines to enhance daily life



## 2 Fall Prevention for Elderly Parents

- Remove clutter from rooms and bathrooms
- Ensure good lighting in rooms and bathrooms
- Install anti-skid flooring
- Avoid rushing or hurrying during any activity
- Install grab bars in bathrooms and use bath chair
- Bathroom door must open outward and be wheelchair accessible

## 3 Care of Bedridden Parents

- Prevent bedsores by regular repositioning and use air bed
- Maintain skin care and hygiene
- Prevent aspiration pneumonia through careful feeding and positioning
- Prevent contracture and muscle wasting through regular exercise
- Ensure adequate nutrition and hydration



**To request a complimentary talk by Dr Ramesh Goyal for your organization, please contact us at:**

**Address:** 888, Saraswati Vihar, MG Road, Gurgaon - 122002, Haryana, India  
**Email:** ParentCare@VataVriksh.com **Mobile:** (+91) 99102 85569, 98101 46249

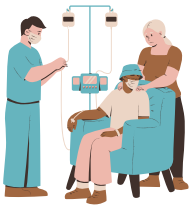
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## 4 Emergencies Management

- Display emergency contact numbers prominently
- Prepare an emergency kit with basic supplies of medicines
- Train family members in basic first-aid and Cardio-Pulmonary Resuscitation (CPR)
- Have a clear emergency exit plan

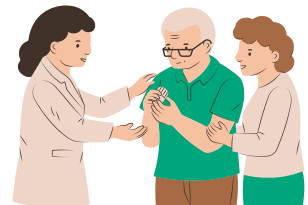


## 5 Emotional Support

- Encourage family and social interaction
- Provide exposure to nature
- Listen without being judgmental
- Respect and value their wisdom
- Ensure participation in hobbies or activities they enjoy
- Promote independence and maintain dignity

## 6 Anger and Aggression Management

- Identify unmet expectations leading to anger
- Practice empathetic listening and acknowledgement
- Create a calm environment to diffuse conflicting situations
- Set clear boundaries and consistent routines
- Help them learn various relaxation techniques



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## 7 Scheduled Health Checkups

- Schedule regular health checkups (annually, quarterly, monthly, weekly, daily)
- Monitor chronic health conditions
- Schedule a cognitive function assessment for early diagnosis of memory-related concerns
- Track medication adherence and adjust as necessary



## 8 Medicine Management at Home

- Use separate boxes for medications as per defined schedule
- Create a checklist for medication management
- Set alarms or reminders for medication times
- Regularly review medications with healthcare providers

## 9 Schedule Outings

- Plan outings based on condition, need, and available resources
- Ensure outings are manageable and enjoyable for parents
- Keep outings brief to avoid exhaustion
- Be clear that transportation is accessible and comfortable



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VataVriksh Parent Care offers personalised in-house living and daycare services for parents who need **Memory Care - Assisted Living - Rehabilitation - Respite Care - Holistic Healthcare**.

Our mission is to empower elderly parents to maintain independence and dignity in the comfort of their own homes. Our trained caregivers provide compassionate support, fostering a nurturing environment for parents to thrive and enjoy a fulfilling quality of life.

To know the details, please visit [www.VataVriksh.com](http://www.VataVriksh.com)

## 10 Assignment of Responsibilities

- Delegate tasks based on availability and capability of parents
- Ensure clear and regular communication with parents
- Rotate responsibilities among caretakers to avoid burnout
- Inculcate teamwork among family members



## 11 Relaxing Body, Mind, and Soul

- Practice gentle yoga for flexibility and stress relief
- Use meditation for mental peace and relaxation
- Play calming music to improve mood and reduce anxiety
- Encourage various exercises for living a stress-free life



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