

Finding the best care for your loved one: Dementia Care Homes



Dementia is a disorder that disproportionately affects the elderly among us. The disorder is serious in nature and causes significant impairment in the person's functioning. Dementia is chronic in nature and results in complete disability eventually. The disorder is divided into multiple stages that include mild, moderate, and severe. Eventually, the disorder necessitates 24/7 care and constant medical supervision.



The symptoms of Dementia:

Symptoms of dementia vary depending on the type; however, some common ones include:

Changes in cognition -

- Gradual degradation of memory
- Difficulty speaking or remembering words
- Difficulty with visual and spatial abilities, such as getting lost when driving
- Difficulty in thinking or problem-solving
- Difficulty with complicated tasks

Changes in mental health -

- Personality transformations
- Depression
- Anxiety
- Inappropriate conduct



Why does a person need a care home for Dementia?

The signs and symptoms worsen with time. When this happens, it might be an indication that moving into a care facility would be a better fit for them. This might be a difficult decision to make if you have been assisting someone with dementia to live independently or if you are a caregiver. However, it's vital to note that moving into a care facility may have a lot of advantages. This includes the fact that care workers provide 24-hour assistance, ensuring that the person with dementia is in a secure environment where they may participate in social activities with other residents.



What is the goal of Dementia Care?

The goal of dementia rehabilitation is considerably different from that of other disorders. Because the condition disproportionately affects the elderly, the key issue is to keep them interested, occupied, and preserve their faculties. At a rehabilitation facility, a variety of exercises are organized to keep the individual's cognitive faculties as sharp as possible.

A dementia rehabilitation center, often known as a dementia care unit, is designed to safeguard the elderly who are suffering from dementia. It is usually in a secure environment with all of the required conveniences. We recognize that placing a loved one in a rehabilitation facility is traumatic, but in the final stages of dementia, it is the only option.

Dementia in its advanced stages necessitates round-the-clock nursing and care. Individuals in this situation require ongoing medical care. All of this is made easier with the support of a rehabilitation center. It aids in the improvement of one's quality of life and the happiness of the elderly. Select the best rehabilitation center for your family members!





How to make the decision to move your loved one to a care home?

It is possible for a person to make a decision on his or her own. However, a person with dementia frequently loses the ability to make decisions (lacks mental capacity). If you or someone else has a durable power of attorney, you can make the choice for the dementia patient if it is in their best interests. Even if the person with dementia lacks the capacity to make a decision about which care facility is best for them, try to talk to them about their preferences for home care or rehabilitative care.

Things to keep in mind while looking for a dementia care home

Location:

Is the care facility close to family and friends?

Is there a good public transportation system to and from the center?

Are there any stores, recreation centers, or cafés in the area?

Facilities: As long as the existing residents are okay with it, it's a good idea to ask to see a few of the bedrooms. Other topics to inquire about are:

- Is it possible for people to have their own room, complete with their own furniture and belongings?
- Are there a sufficient number of toilets within easy reach of the bedrooms and living areas?
- Is there a safe place for residents to walk in the garden?
- Are chairs in living rooms positioned in groups rather than around the room's perimeter to encourage socializing?
- Will the center be able to accommodate certain religious, ethnic, or cultural requirements?
- Are residents' culinary preferences taken into account?

Staff:

Other questions to consider are:

- Is everyone on staff dementia-trained?
- Is the staff engaged and caring?
- Is there a full-time activity coordinator who specializes in activities for people with dementia?
- Is there a family meeting held on a regular basis by the staff?



Other Residents: Residents who look pleased and receptive are an indication of a well-run care facility. Other things to think about are:

- Is staff treating residents with decency and respect?
- Is it possible for them to have guests anytime they want?
- Is there a schedule for resident meetings?
- Do they have access to community health services?
- Is it possible for you to continue to assist your relative in some manner, such as by assisting them with an activity?



How can you make moving easier for your loved one?

Moving is a highly stressful experience. For both the individual with Dementia and the caregiver, moving to an assisted living facility, group home, or nursing home is a significant transition. You may experience a range of feelings, from grief to guilt to despair. You could also feel relieved. It's fine to have all of these emotions. A caseworker may be able to assist you in preparing for and adjusting to your move. It's critical to have help at this stressful time.

Here are some suggestions that may be useful:

- Be aware that the day may be quite stressful.
- Discuss your thoughts about relocating the individual to a new location with a social worker. Learn how to assist someone with the disease in making adjustments.
- Before a person goes into a facility, get to know the personnel.
- Discuss methods to help the transition to the assisted living facility or nursing home go more smoothly with the staff.
- Don't dispute with the Dementia patient about why he or she has to be present.



Get to know the care home better!

Check up with the person after he or she has moved into his or her new surroundings to see how they are doing. You presumably know the individual best as the caretaker. Look for symptoms that the individual requires additional assistance, is taking too much medicine, or is not receiving the care they require. Establish a working connection with the staff so that you can collaborate as partners.

At Cadabams, we combine the best mental health professionals with advanced infrastructure to offer accelerated recovery journeys. Our expert mental health professionals ensure that individuals get the recovery journey they deserve!



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Difficulties in Learning: Identify the early signs and types of SLD



Learning disabilities are mental health disorders/ neurological conditions that affect a person's ability to grasp new information and learn skills necessary for daily living. These disorders occur due to genetic or neurobiological factors that can alter brain function in a way that affects one or multiple cognitive abilities that are necessary for learning.

These cognitive issues might make it difficult to master fundamental abilities like reading, writing, and math. They can also obstruct higher-order skills including organization, time management, abstract thinking, long and short-term memory, and concentration. Learning difficulties can have an influence on an individual's life outside the classroom, affecting connections with family, friends, and coworkers.

The signs and symptoms of learning impairments are most typically recognized during the school years since issues with reading, writing, and/or math are obvious problems during that period. Some people, however, do not undergo an evaluation until they are in post-secondary school or are working adults. Others with learning impairments may never have an evaluation and go through life without understanding why they struggle in school, at work, or in interactions with family and friends.

Learning disabilities are not to be confused with learning difficulties caused by visual, hearing, or motor impairments; intellectual disability; emotional disturbance; or environmental, cultural, or economic disadvantages.

People with learning impairments, on average, have normal or above-average intellect. There appears to be a disconnect between an individual's potential and their actual accomplishments. This is why learning difficulties are known as "hidden disabilities": the individual appears to be fully "normal" and intellectual, but may be unable to display the skill level anticipated of someone of comparable age.

A learning disability is a lifetime issue that cannot be healed or rectified. People with learning impairments, on the other hand, can succeed in school, work, relationships, and the community with the right assistance and intervention.



Signs and Symptoms of Learning Disabilities

Learning disorders manifest differently in each child and vary in severity as well. Some children might struggle with reading or spelling, but another child could be proficient at reading but might not be able to make head and tail of mathematics. Some others may have difficulty comprehending speech. While all of these may seem like symptoms of different kinds of issues, they all fall under the umbrella term of learning disorders.

Learning difficulties aren't always simple to spot. Because of the large range of symptoms and profiles, there is no one symptom or profile that can be used to prove the existence of a problem. At various ages, though, certain warning signals are more prevalent than others. You'll be able to detect a learning issue early and take action to aid your child if you know what they are.

Some frequent red flags for learning difficulties are listed in the checklists below. Remember that even children who do not have learning problems may face some of these challenges at different times. When your child's ability to learn specific abilities is consistently unequal, it's time to be concerned.



Symptoms of SLDs in Preschool Years

- **Delays in language acquisition:** Your preschooler should be able to speak in phrases or short sentences by the age of 2 ½.
- **Speech difficulties.** By the age of three, your kid should be able to communicate well enough for adults to comprehend the majority of what they say.
- **Colors, shapes, letters, and numbers are difficult to remember.**
- **Rhyming** words is a challenge.
- **Coordination is a problem.** Your youngster should be able to button clothes, handle scissors, and jump by the age of five. A circle, square, or triangle should be able to be copied.
- **Attention spans are short:** Your youngster should be able to sit down and listen to a short narrative between the ages of 3 and 5. Your youngster should be able to pay attention as they get older.



Symptoms of SLD in ages between 5–9

- 01 It's difficult to make the connection between letters and sounds.
- 02 Incapable of combining sounds to form words.
- 03 When reading, fundamental words become mixed together.
- 04 Learning new talents takes time.
- 05 Frequently misspells words and creates grammatical blunders.
- 06 Basic arithmetic ideas are difficult to grasp.
- 07 Having trouble keeping track of time and memorizing sequences.

Symptoms of SLD through teenage years

- 01 Reading comprehension or math abilities are difficult to master.
- 02 Open-ended test questions and word problems pose a challenge.
- 03 Reading and writing are disliked by the child, and they avoid reading aloud.
- 04 Handwriting is sloppy.
- 05 Ineffective organizational skills (bedroom, homework, and desk are messy and disorganized).
- 06 Following classroom conversations and expressing opinions aloud are both difficult.
- 07 In a single document, the child spells the same term differently.

How do you identify these symptoms?

It's critical to pay attention to toddlers' and preschoolers' natural developmental milestones. An early diagnosis of developmental abnormalities might be a symptom of a learning disability, and issues that are caught early are simpler to fix.

Although a developmental lag may not be recognized as a symptom of a learning problem, until your kid is older, you may act early if you see it when your child is small. You know your child better than anyone else, so getting an examination doesn't hurt if you suspect a problem. You can also request a developmental milestones chart from your physician.

Types of Specific Learning Disabilities

Issues with reading, writing, and mathematics

Dyslexia - Problems with reading

In reading, there are two categories of learning difficulties. When it comes to basic reading challenges, it's tough to comprehend the link between sounds, letters, and words. When people have trouble understanding what words, phrases, and paragraphs mean, they have reading comprehension issues.

Reading difficulties can manifest themselves in a variety of ways, including:

- Recognition of letters and words.
- Understanding the meaning of words and concepts
- Reading speed and fluency are important factors to consider.
- Vocabulary skills in general.



Dyscalculia - Problems with mathematical calculations

The severity of arithmetic learning impairments varies tremendously depending on the child's other strengths and shortcomings. A language learning handicap, a visual issue, or a problem with sequencing, memory, or organization will all influence a child's ability to perform math in different ways.

A kid with a math-based learning problem may struggle with number memory and organization, as well as number "facts" (such as $4+4=8$ or $56=30$). Children with arithmetic learning disabilities may struggle with counting concepts (such as numbering by twos or calculating by fives) or telling time.

Dysgraphia - Issues with writing

The physical act of writing or the cerebral activity of interpreting information can both be affected by learning impairments in writing. Physical trouble making words and letters is referred to as a basic writing problem. The term "expressive writing handicap" refers to the inability to arrange thoughts on paper.

The act of writing is central to the symptoms of a written language learning problem. They include issues such as:

- The writing is not neat and consistent.
- Copying letters and words with precision.
- Consistency in spelling.
- Writing coherence and arrangement.



Other types of Learning Disorders

Learning disabilities affect more than just reading, writing, and math. Other forms of learning impairments include challenges with motor skills (movement and coordination), comprehension of spoken language, sound discrimination, and visual information interpretation.



Dyspraxia - Issues with Motor Skills

Whether it's fine motor abilities (cutting, writing) or gross motor skills (walking, running), motor difficulties refer to issues with movement and coordination (running, jumping). Motor impairment is also referred to as an "output" activity, implying that it has something to do with the brain's information output. The brain must be able to communicate with the relevant limbs in order to accomplish an activity such as running, jumping, writing, or cutting.

Problems with physical abilities that involve hand-eye coordination, such as holding a pencil or buttoning a blouse, are signs that your kid may have a motor coordination deficit.

Dysphasia - issues learning languages

The capacity to understand or generate spoken language is affected by these learning impairments. Language is also an output activity since it takes the brain to organize thoughts and summon the appropriate words to vocally explain or express something.

Problems with verbal language abilities, such as the capacity to repeat a tale, speech fluency, and the ability to grasp the meaning of words, directions, and the like, are all signs of a language-based learning disability.

Auditory and Visual Processing Problems

The primary way of conveying information to the brain is through the eyes and hearing, a process known as "input." Learning can be hampered if one or both of the eyes or ears aren't functioning properly.

Auditory processing problem - The capacity to hear well is referred to as "auditory processing skills" or "receptive language" by professionals. The capacity to hear things correctly has a big influence on reading, writing, and spelling. It's tough to sound out words and comprehend basic reading and writing ideas if you can't discern minor distinctions in sound.

Visual Processing Problems: Missing tiny distinctions in shapes, inverting letters or numerals, skipping words, skipping lines, misperceiving depth or distance, or experiencing difficulty with eye-hand coordination are all symptoms of visual processing impairment. "Visual processing" is a term used by professionals to describe the activity of the eyes. Motor abilities, reading comprehension, and numeracy can all be affected by visual perception.

It's not always simple to know what to do and where to look for support when it comes to learning impairments. Of course, enlisting the help of experts who can locate and diagnose the issue is critical. You should also engage with your child's school to create modifications and obtain specialized academic assistance. But don't forget about your own part. Take the lead in researching your alternatives, learning about new therapies and services, and managing your kid's education since you know your child better than anyone else.

At Cadabams, we combine the best mental health professionals with advanced infrastructure to offer accelerated recovery journeys. Our expert mental health professionals ensure that individuals get the recovery journey they deserve!



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