



The stress of caring for a loved one with dementia can become a burden all its own. But here's good news: There is a way to manage symptoms and reduce that stress. Paradigm Home Health's systematic approach employs a team of nursing and therapy clinicians trained to build rapport with patients and families, assess home safety, determine specific challenges, and provide education about community resources and ways to develop your own solutions. We collaborate with you on proven methods to help you and the person with dementia live life to the fullest.

Proactive Management Goals

1. Maximize patient's quality of life
2. Make daily activities simpler and easier
3. Manage symptoms, including behavior problems
4. Reduce caregiver's stress and burden

Paradigm works to help each patient live life to the fullest.

Each proactive care plan is custom-tailored to the unique needs of the patient.

STEP 1 Take stock.

Our program starts with assessments by our expert Occupational Therapists, using standardized tools that pinpoint the patient's cognitive performance level.

COPM – Canadian Occupational Performance Measure

Cognitive Screening

Standardized Allen Cognitive Assessment

STEP 2 Make a plan.

The next step is to work with the person with dementia and their caregiver to develop an individualized program. We'll determine appropriate activities based on the person with dementia's performance level, advise you on activities that enhance the experience of success, and collaborate with you on solutions to everyday challenges.

Paradigm's professionals use the "four-layer model" to help equip you and your loved one with the skills to succeed. Here's a brief summary of the four layers and how we help you address them:

1. Objects

Focus on things around the home, including tools, clothes, and other items used to accomplish daily activities

3. Social groups

Optimize interactions with family, friends, and neighbors

2. Tasks

Simplify and reduce stress during activities and routines like preparing meals, eating, and bathing

4. Culture

Understand the values that shape how care is given and received

Overall Medical Assessment

In addition to the therapy plan, an RN will also assess the person with dementia. The nurse will focus on teaching and education — providing instruction on the proper use of medications, the purpose of medications and how they work, and also instruct on other disease processes that may impact the patient's overall health.

STEP 3 Follow through.

The power to live with less stress lies in learning to develop your own solutions to the problems each day might bring. With support and guidance from Paradigm's nursing and therapy team, you and your loved one can achieve a more peaceful, productive, and enjoyable way of life.