



# Helping with Daily Tasks: A Guide for Dementia Caregivers

*Caring for someone with dementia means stepping in to help with everyday things - like bathing, eating, and getting dressed. These may seem simple, but for someone living with dementia, they can become confusing, frustrating, or even scary. As a caregiver, how you approach these tasks makes a big difference.*

## Bathing

Bath time can feel uncomfortable for someone with dementia. They might feel cold, exposed, or unsure of what's happening.

### Tips:

- **Keep it warm:** Warm the bathroom ahead of time.
- **Explain gently:** Say what you're doing before and as you do it. ("I'm going to help you wash your back now.")
- **Use towels for privacy:** Let them hold a towel over themselves if it helps them feel more covered.
- **Be calm and patient:** Don't rush. Reassure them if they seem anxious.

## Feeding and Mealtimes

Dementia can change a person's sense of taste, make it hard to use cutlery, or cause them to forget to eat.

### Tips:

- **Stick to a routine:** Same time, same place every day helps.
- **Offer familiar foods:** Serve meals they used to enjoy.
- **Keep it simple:** One food at a time on the plate, not too many choices.
- **Encourage, don't force:** Gently prompt, and offer help without taking over.
- **Watch for choking:** Cut food small and sit with them while they eat.

## Dressing

What used to be an easy task can become confusing. Buttons, zippers, or choosing clothes may all feel overwhelming.

## Tips:

- **Lay out one outfit at a time:** Too many choices can be confusing.
- **Choose comfy, easy clothing:** Elastic waistbands, Velcro shoes, loose fits.
- **Give simple steps:** “Let’s put on your shirt now.” Break it down and help as needed.
- **Respect their style:** Let them choose clothes if they can—dignity matters.

## ♥ Your Role as a Caregiver

These tasks can be tiring. You may feel frustrated. That’s okay. It doesn’t mean you’re doing something wrong - it means you’re human.

What helps most is **patience, routine**, and a lot of **gentle encouragement**. The goal is to support your loved one **with dignity, without stress**, and **without shame**.

You're not alone.

And you're doing better than you think.