

Purpose-Filled Care Guide for Dementia Clients

Care Team

- You
- Family
- Friends
- Neighbors
- Support Groups
- Adult Day Care
- Nurse
- Hospice Provider
- In-home Caregiver
- Elder Law Attorney
- Physical & Occupational Therapists
- Nutritionist
- Counselor
- Geriatrician
- Psychiatrist
- Neurologist

7 Steps to Success

1. Relationship Over Task
2. Create a Person-Centered Care Plan
3. Focus on Approach
4. Tackle 1 Situation at a Time
5. Be a Detective When Challenges Arise
6. Adapt & Adjust
7. Celebrate the Wins

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Purposeful Pairing—4 Categories



LIONS Leadership & Energy

Behavioral Match:

- Suitable for clients who may have challenging behaviors such as resistance to care, strong-willed personalities, or those who may become agitated easily.
- These clients might need caregivers who are assertive, confident, and can gently take the lead while respecting the client's sense of autonomy.

Caregiver Strengths:

- Caregivers who are Lions bring a structured, proactive approach, which can help clients who feel disoriented or require guidance.
- This category is especially effective for clients who display behaviors that require confidence and a calming but firm presence.



OWLS Calm & Observant

Behavioral Match:

- Well-suited for clients who are quiet, withdrawn, or anxious and may be sensitive to over stimulation.
- Clients who experience sundowning, for instance, often need a calm and observant caregiver who can detect subtle cues and prevent escalation.

Caregiver Strengths:

- Owl caregivers are ideal for clients needing a steady, gentle presence.
- They observe without rushing, allowing clients to process at their own pace, which is beneficial for dementia clients who feel overwhelmed by sensory input or experience confusion.



GOLDEN RETRIEVERS Empathy & Adaptability

Behavioral Match:

- Ideal for clients who are emotionally sensitive, may display fluctuating moods, or experience distress and need a caregiver who is warm, nurturing, and can offer emotional support.
- Clients who become anxious, fearful, or agitated benefit from this compassionate, adaptable type.

Caregiver Strengths:

- These caregivers excel in showing empathy and can adjust quickly to emotional cues, making them a good match for clients who experience emotional or behavioral swings.
- They provide reassurance and stability, which can be grounding for dementia clients with fluctuating emotions.



TURTLES Steady & Supportive

Behavioral Match:

- Best suited for clients who thrive on routine, predictability, and stability and may become agitated or confused by changes in their environment or schedule.
- Clients who benefit from repetitive routines or who have developed a strong attachment to daily habits do well with Turtles.

Caregiver Strengths:

- Turtles offer consistency, reliability, and respect for routines.
- They are ideal for clients who need regularity, as they provide stability and follow schedules that help clients feel secure, which can prevent behavioral symptoms from arising due to sudden changes.

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Purposeful Pairing—Client & Caregiver Matching

1 Client Assessment

- Conduct an assessment to identify the client's behavioral and personality traits.
- Document preferences, routines, and any behaviors impacted by Dementia.
- Classify the client as a Lion, Owl, Golden Retriever, or Turtle based on assessment findings.

2 Caregiver Assessment

- Evaluate each caregiver's strengths, personality, and style.
- Use training records and feedback to assign each caregiver a Purposeful Pairing category: Lion, Owl, Golden Retriever, or Turtle.

3 Initial Matching Process

- Use the assessment data to match the client and caregiver based on compatible categories.
- For clients who are Lions, select caregivers who are calm but confident leaders.
- For Owls, match with caregivers who are patient and observant.
- For Golden Retrievers, prioritize caregivers skilled in emotional support.
- For Turtles, select caregivers with a consistent, routine-driven approach.

4 Trial Period & Monitoring

- Begin with a trial period to observe the caregiver-client dynamic.
- Use check-in forms and feedback loops to monitor satisfaction for both client and caregiver.
- Document observations and be ready to adjust the match if needed.

5 Adjustment & Reassessment

- Based on feedback, adjust matches if behaviors change or needs evolve.
- Schedule regular check-ins every 4-6 months or as needed to reassess compatibility.

6 Documentation

- Maintain updated records in each client's and caregiver's file.
- Document observations, feedback, and adjustments made during the matching process.

Roles & Responsibilities

Community Liason

- Leads assessments and initiates matching.

Field Supervisor

- Monitors match outcomes, schedules check-ins, and handles adjustments.

Caregiver

- Provides feedback on the match and communicates any concerns or observations.