

THE DETA PHILOSOPHY

Dementia care requires a complex mixture of technical knowledge, dedication, compassion and emotional toughness. The essential elements to good care for dementia victims are included in the acronym -- **C.U.P.I.D.**
Good care requires knowledge, dedication and a big heart.

CLINICAL ASSESSMENT-- Every patient should have one good thorough evaluation by a knowledgeable clinician to exclude treatable causes of dementia. Twenty percent of confused elders have a treatable cause.

UNDERSTANDING-- Every caregiver or health care worker must understand that a dying brain causes the intellectual and psychiatric manifestations of dementia. Caregivers must understand that patients change after time and symptoms become more complex.

PREPARATION/PREVENTION-- Dementia care is a journey of many years that requires much preparation. Alzheimer's disease is a fatal brain disorder but many complications are preventable. Families must make the necessary personal, health care, financial and legal preparation to assure the best quality-of-life for patients and caregivers. Caregivers and professionals cannot stop the death of brain cells in the dementia patient but can prevent over-medication, accidents, caregiver exhaustion, legal problems and financial disasters.

INDEPENDENCE-- Every strategy focuses on keeping family and patients as independent as possible. Families want patients to remain at home for as long as possible and patients want to care for themselves as long as possible.

DIGNITY-- Dementia robs patients of autonomy and most skills for daily living. The disease destroys their brain but their soul or spiritual being remains intact. Patients deserve the dignity and respect accorded all individuals who were productive and respected members of our communities.

VISIT OUR ONLINE RESOURCES

TRAINING MATERIALS:

EDUCATIONAL VIDEOTAPES:

- "Pastoral Care Vol. I&II"
- "Sitter Tape Vol. I&II"
- "Alzheimer's: A Practical Guide to Community Resources"
- "All In Your Mind" Middle Schools and High Schools Videotapes

WRITTEN EDUCATIONAL MATERIALS:

- "Alzheimer's: A Broken Brain" booklet
- "Vascular Dementia" booklet
- "Alzheimer's Disease: Psychiatric Complications" booklet
- "Alzheimer's Disease: Crossing the River of Life with Alzheimer's Disease" booklet
- "Parkinson's Disease" booklet
- Medication Advisory for Dementia Patients
- Material on legal or financial issues and driving

- Legal Issues and Liability for the Dementia Patient
- End of Life Issues— Assuring the Dignity and Comfort for the Dying Dementia Patient
- Managing Behavioral Symptoms of Dementia booklet

EDUCATIONAL PROGRAMS

- Sitter Education Program. Sitter Lists are developed and initiated throughout the state.
- Community trainers provide educational sessions to caregiver groups through the state at no cost.
- Support Group listings available for state of Alabama
- Research and clinical trials opportunities
- Clinician Educational Program
- The DETA BRAIN SERIES: ten-part videotaped educational series
- High School and Middle School videotape series and teacher's guide.
- Toll-free Dementia Information Help Line
- DETA Speakers' Service



**DEMENTIA
INFORMATION LINE**

A toll-free number
(1-800-457-5679) is
operational and staffed by
trained professionals that
provides additional referrals
and information.



Online: www.alzbrain.org

**Helping Alzheimer
Caregivers Into The
21st Century**

For more information, contact
the Dementia Education &
Training Program
Bureau of Geriatric Psychiatry
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Tuscaloosa, AL 35401
1-800-457-5679
Local: 205/759/0836



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