**DAY 9 SUMMARY**

**Respecting the Elder’s Dignity**

To respect an elder’s dignity:

* Respect the elder’s privacy – knock before entering the elder’s room; give the elder privacy while taking a bath or changing clothes
* Do not make fun of the elder’s limitations
* Be polite and respectful
* Do not share the elder’s problems with others
* Ask for the elder’s opinions – give the elder a choice to take decisions about food and daily routine
* Include the elder in a conversation
* Never treat the elder as a child
* Make the elder feel important

**Encouraging Independence in the Elder**

* To encourage independence in the elder:
  + Play the role of a helper
  + Control the urge to do everything for the elder
  + Arrange for appropriate devices to help the elder see, hear, and move better
  + Encourage the person to perform routine activities independently
  + Encourage the person to eat and serve food independently
  + Encourage the person to follow a hobby independently
  + Make sure all things are kept at a comfortable height for the elder
  + Ask for the elder’s opinion in taking everyday decisions
  + Do not hurry the person to complete a task
  + Be patient, encouraging, and appreciative

**Giving the Right of Choice**

|  |
| --- |
| Eat |
| Read |
| Wear |
| Exercise |
| Walk |
| Sleep |
| Watch TV |
| Bathe |
| Rest |
| Go out |

**To respect an elder’s right of choice:**

* + Avoid telling the elder what to do
  + Ask for the elder’s opinion
  + Let the elder choose what to eat and wear
  + Allow the elder to make changes to daily routine
  + Respect the elder’s right to refuse
  + Never make fun of the elder’s choice

**If the elder’s decision can endanger their safety:**

* + Caution the elder
  + Stay respectful
  + Persuade the elder to change the decision

**Handling Disagreements with the Elder**

* To resolve a disagreement with an elder:
  + Find out why the elder disagrees with you
  + Listen to the elder patiently and without bias and never ridicule the elder’s point of view
  + State your concerns tactfully and respectfully
  + Keep calm and use appropriate body language
  + Find an amicable solution
  + Convince the elder that you have the person’s best interest in mind
  + Do not make the person feel that you have won the argument; instead, end the discussion on a positive note

**Handling disrespectful behavior**

Stress and frustration, a new illness or medicine, and anger towards you or others, are some of the reasons for disrespectful behavior

**To correct disrespectful behavior:**

* + Ask what has offended the elder
  + Apologize if you have made a mistake
  + Arrange for a checkup or review of medication
  + Tell the elder you find the behavior disrespectful
  + Set a clear boundary for the behavior you expect

**To keep your emotions in control:**

* + Be prepared to expect any kind of odd behavior
  + Do not take the disrespect personally
  + Find ways to control your anger

Never ignore disrespectful behavior

**Shaving the Elder**

To shave the elder, you need:

* + Shaving foam, shaving cream, gel, or pre-shave lotion
  + Electric razor or safety razor
  + A shaving brush
  + A basin of water
  + Aftershave lotion
  + A thick towel
  + A hand towel

**To shave the elder:**

* + Moisten the elder’s beard using warm water
  + Lather the elder’s face
  + Shave down the cheeks towards chin
  + Shave up from the base of the neck towards chin
  + Rinse safety razor after each stroke
  + Wipe off extra lather using the hand towel
  + Apply aftershave lotion

While shaving the elder:

* + Make the elder wear dentures if the elder uses them normally
  + Hold the elder’s skin taut before each stroke
  + Use short strokes
  + Apply gentle pressure
  + Apply pressure using a tissue to stop bleeding from nicks and cuts

**Caring for Bed Sores**

* Every day, check the parts of the body likely to get bed sores
* Dry the elder’s wet skin and apply moisturizer
* Massage the elder’s body with oil once a week in winter and once a month in summer
* Dry with talcum powder
* Move the body parts that are in contact with the bed every two to three hours
* Inform the elder’s family if the sore is at an advanced stage
* Request for a water bed or a mattress filled with air
* Apply an anti-biotic cream or lotion to a bed sore

**Home Safety of the Elder**

* Every day, check the parts of the body likely to get bed sores
* To ensure safety against falls:
  + Fix all rugs and carpets to the floor using double-sided tape
  + Put brightly-colored stickers where the floor level changes
  + Get grab bars installed in the bathroom
  + Place nonskid mats inside and just outside the bathroom
  + Clean up all spills of water or other liquids immediately
  + Keep all passages clear
  + Fix all loose cords and wires to the wall

**To ensure safety against fire and earthquake:**

* + Smoke alarms must be installed in all areas of the house
  + Place fire extinguishers in the kitchen, the elder’s bedroom and near the main door
  + Keep all areas of the house well lit
  + Plan an exit route to get the elder quickly out of the house

**To ensure safety against crime:**

* + Shut all doors and windows securely before leaving the elder alone in the house
  + Make sure that the elder has easy access to a telephone
  + Have a door answering system installed at the main door

**Handling falls of the Elder**

**If the elder is falling:**

* + Support the elder’s head and
  + Let the elder fall against your body

**If the elder falls:**

* + Check for injury and bleeding
  + In case of injury, call emergency services
  + Do not hurry to get the elder up
* **If the elder can get up without help:**
  + Ask the elder to roll to a side
  + Sit up in kneeling position
  + Get up using the support of a chair

Call another person for assistance if the elder cannot get up without help

**Preventing Falls of the Elder**

**To prevent the elder from falling due to health reasons:**

* + Take the elder for regular eye checkup
  + Include foods rich in calcium in the elder’s diet
  + Take the elder out in sunshine regularly
  + Encourage the elder to exercise regularly
  + Seek review of medications causing drowsiness

**To prevent the elder from falling due to disorderly surroundings:**

* + Keep the house uncluttered
  + Secure loose wires and cords
  + Fix carpets and rugs to the floor
  + Put brightly colored stickers on each step in a staircase
  + Have grab bars installed in bathrooms and toilets
  + Keep all areas of house well illuminated
  + Have a bedside light installed for the elder

**Keep all things at a comfortable height for the elder**

**Support the Elder in Walking**

* Prevent the elder from falls
* Conditions such as arthritis, spinal problems, muscular problems, and balance and coordination problems can restrict the elder’s ability to walk independently
* Explain to the elder that you will help them walk
* Ensure that the elder is wearing comfortable, non-skid and well-fitting shoes
* Ensure that the surface is smooth and even so that the elder does not stumble or have to look down while walking
* Make sure that the elder has both feet firmly planted on the floor
* Walk behind and to one side of the elder; support the elder’s weaker side

Let the elder set the pace