

SIGNS

- Forgetfulness, vagueness
- Change in temperament
- Repeating questions

AGITATION / CONFUSION

- Triggers
 - commotion, unfamiliar people,
 - our impatience
- Distraction - talk calmly
- Observe the eyes

DAY CARE CENTRE

- Not Suitable
- Depressed & Withdrawn
- Fear being abandoned

ACTIVITIES AT HOME

- Goggle, read up, ask for advise
- Activities – mental stimulation
- Duration 20min to an hour or more.
- Fixed daily schedule

LIST OF ACTIVITIES

- Mahjong 3 times a week about 4 hours each session.
- Mental activities e.g. Sudoku, mahjong cards, solitaire, Russian poker, pick up sticks, dominos, maths / addition subtraction.
- Physical activities: walking, stationary paddling, folding clothes, wiping mahjong tiles, reading papers, cleaning vegetables

ACTIVITIES FOR DAILY LIVING

- Drive Time
- Use or lose it - continue daily activities
- Like a tortoise – like a saint

IN THAT MOMENT

- Happy, laughter & joy 'in that moment'
- Talk & Touch, Companionship
- Good Day -- happy, feels secure

ABUSED

- Abused by the maid
- Physical signs
- Fearful behavior
 - repeated questions
 - hand gestures

SECURITY

- Unable to tell – defenseless & vulnerable
- Install CCTV & gate contact alarm link to mobile phone

HEALTH

- Medicine
- Monitor weight & BP
- Diary of daily menu