

# Ten Absolutes – Simplify Daily Tasks and Create Positive Interactions

## Alzheimer's Disease: Help and Hope

by Jo Huey

### TEN ABSOLUTES

#### Absolutely Never

#### Do This Instead

<p>"You know your mother has been dead for years, you cannot wait for her to eat dinner." "What do you mean you want to go home? You have lived in this house for 25 years, you are home."</p>	<p>1. ARGUE ..... instead ..... AGREE</p>	<p>"I haven't seen your mother today. If I see her I will tell her you are asking for her. While we are waiting let's have a bite to eat." <b>So Do It!</b> While we are waiting let's have a bite to eat."</p>
<p>"You did not take a bath today and you need to take a bath because we have an appointment with the Doctor. Then we are going to go to lunch with Jane and then we are going to get you a new pair of shoes, and why are you walking off when I am talking to you? We have to go in here and get your bath and we have to hurry."</p>	<p>2. REASON ..... instead ..... DIVERT</p>	<p>"Let's go see, come in here. Oh, I know, let me help with that shoe. You are right. Just slide this off over your arms. You are right. I think this water is warm enough. You are in charge. Just step right in here."</p>
<p>"How can you accuse John of stealing your things after all he has done for us?"</p>	<p>3. SHAME ..... instead ..... DISTRACT</p>	<p>"John is here to help us find your wallet. Let's have a cup of coffee and get started."</p>
<p>"You have got to go back to bed and get some sleep. You have been up half the night and why on earth did you empty these drawers? Who is supposed to clean up this mess? I suppose tomorrow you will want to sleep all day and we won't be able to go to Carol's house and help with the children. I am just too tired to deal with this so you have to get in bed and go to sleep right now. We can't continue like this, no one can live this way, we both have got to get some sleep."</p>	<p>4. LECTURE ..... instead ..... REASSURE</p>	<p>"I can't sleep either. Let's go to the bathroom. I need something to drink (give them a drink). Try to lie down again (pat the bed). No? How about some cookies and milk. Try to lie down again (sit beside bed and pat the bed). Doesn't that feel good?" (Stay until settled or asleep; rub their hand, forehead, or arm).</p>
<p>"Do you remember who this is?" "What did you have for lunch today?" "Did Mary visit today?" "When did Jeanne come to visit?"</p>	<p>5. SAY "REMEMBER" ..... instead ..... REMINISCE</p>	<p>"Hi, Tom, this is Sarah visiting with me from Elmhurst Elementary PTA. I had the nicest lunch today. Mary is such a pleasant person and she visits often. I hoped I would get here before Jeanne's visit."</p>
<p>"I just told you that we are not going to the bank today, it is Sunday and the bank is closed. How many times do I have to tell you we are not going to the bank, it is Sunday?"</p>	<p>6. SAY "I TOLD YOU" ..... instead ..... REPEAT/REGROUP</p>	<p>"Wouldn't you know it is too late for Church and we have to go to the bank tomorrow. Since it is Sunday, let's have Fried Chicken. Yes, we will go to the bank when it opens tomorrow."</p>
<p>"You can't wear two shirts. You can't pick that up with your hands. You can't eat that like that. You can't put your sweater on your legs. You can't put your shoe on your shoe. You can't go outside, it's raining. You can't keep putting things in the wrong place. You can't go home, you are home."</p>	<p>7. SAY "YOU CAN'T" ..... instead ..... DO WHAT THEY CAN</p>	<p>"Try this one, it looks nice. See how this spoon works, they said we could eat these with our fingers. Isn't this fun? Try this on. Try it over here. We need to find the umbrella. This is the perfect place for this. So Do It!"</p>
<p>"You have got to change your clothes. Sit down right here and stop walking around. That doesn't belong to you now give it back. Why would you take those when we didn't pay for them? You have to leave your clothes on, you're in a public restroom. We are in a hurry, you need to do this right now."</p>	<p>8. COMMAND/DEMAND ... instead ..... ASK/MODEL</p>	<p>"This is so pretty. See how it looks on you. Sit with me a minute (pat the chair or sit in the chair and get back up). This is nice, may I hold it? You are right, we should buy these. See if this is warmer. We can go over here."</p>
<p>"Did you have any problem with him today? Be sure he takes his medicine; he spit it out this morning. I hope you don't have trouble today. It took me 20 minutes just to get him into the car. He has been looking for his mother all morning."</p>	<p>9. CONDESCEND ..... instead ..... ENCOURAGE/PRAISE</p>	<p>"Dad and I decided since he likes you so much better than me, we would just save his medications, bath and breakfast until you got here to assist him."</p>
<p>"Now you are going to take a bath because you haven't had one for two weeks. These nice people are here to help us. Give that to me right now, it's not yours. If you don't give it back we will have to take it from you. You may not go into this room, you must come out of this room right now."</p>	<p>10. FORCE ..... instead ..... REINFORCE</p>	<p>"I know you did, come right here. You are correct. I will help with that shoe. I asked this lady to come to help me. This is so pretty and here is an even prettier one and it is for you. This is a nice room. Let's go get a cup of coffee."</p>

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