

Cognitive Impairment Intervention Protocol (CIIP) for Caregiver Interactions with a Person with Cognitive Impairment: VII. CONSISTENCY

Look for ways to:

- Keep my interactions the same and predictable as much as possible
- Have only one caregiver at a time interacting with this person

A. Does the same caregiver help this person every day as much as possible?

1. At all times, as much as possible, have the same caregiver help this person.
2. Have the same caregiver help this person during the days or occasions the primary caregiver has time away from caregiving.
3. When a caregiver who is unfamiliar to this person must help her/him, provide the unfamiliar caregiver with information about the primary caregiver's routines, so that the unfamiliar caregiver can help perform the tasks in as familiar a way as possible.

B. Does this person know what to expect from me?

1. Be predictable to this person as much as possible, even if this person doesn't seem to know or to be able to tell you what she/he expects from you.
2. Perform a task with this person the same way each time. For example, wash the same part of the body first each time.
3. Adapt a task to this person's current desires and needs only as much as necessary, so you can keep the task as familiar as possible.
4. If you do look different or need to perform a task differently, reassure this person and tell her/him who you are and what you are doing.
5. Tell this person what you are going to do before you do it.

C. Do I use nearly the same words every time we do this task?

1. Talk about the task in the same way each time, once you have discerned what is the best way to help and communicate with this person.
2. Avoid introducing new words. Use words that are familiar and meaningful to this person every time.
3. If this person seems bored or annoyed by the consistency of words, vary them as necessary to increase interest and stimulation.

D. Do I position myself in the same spot every time we do this task?

1. Choose a place in the room to regularly perform tasks with this person. For example, help this person get dressed on one side of the room and undressed on another side of the room.
2. When helping this person with a task, position yourself in the same spot relative to her/his body and visual field each time, so she/he gets used to where you are. For example sit or stand on her/his right side each time.

E. Do I move my body in a similar way every time we do this task?

1. Notice how you move your body and body parts when you help this person. Once you have minimized your movements, continue to move your body the same way each time.
2. Particularly note your hands and face. Position and move them the same way each time as much as possible.

F. Is there only one caregiver helping this person at a time?

1. Remind yourself, that this person may have difficulty shifting from one stimulus or caregiver to another. Have only one caregiver at a time help this person with a task, to avoid confusion and anxiety.
2. Think of creative ways of interacting with this person, before considering bringing in additional caregivers to help with a task.

G. If there are two or more caregivers, is there only one caregiver at a time that this person is noticing and paying attention to (i.e., the other caregivers are helping this person from behind, staying out of sight and not talking)?

1. Remind yourself that this person may have difficulty focusing attention on more than one caregiver and may have difficulty switching attention from one caregiver to another.
2. When more than one caregiver must help this person with a task, then have only one caregiver visible to her/him.
3. While one caregiver talks to this person and helps her/him from the front, have another caregiver help quietly and discreetly from behind, such as when helping this person change clothing.