

ADaTHOME

IMPROVES QUALITY OF LIFE

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Nutrition, digestion and toileting

The training activity will be divided in three parts:

- The F2F session in which the trainee will introduce the dimension and give the users the opportunity of practice different activities in front of them in order to improve their abilities.
- The Online session that is going to be used for the “homework” introduced by the trainer at the end of the previous session. The users need to apply the practiced activities at home to see if they find any limitation.
- The F2F validation session when they all will share their experience and limitations when applying the activities in order to see if there is any mistake so there is the opportunity to adapt the strategies to each profile.

Total duration of the training activity: 5hours and 35 minutes

To be done for the next Training Activities

- FACE2FACE Session to introduce the topic with brief explanation of the theoretical concepts and techniques to be practiced.

Duration: 215 minutes.

- ONLINE Sessions: homework to be done with practical activities to support the F2F session (tips, guides, tasks, etc.)

Duration: it depends on the users.

- FACE2FACE Session: validation of techniques

End users would have the opportunity to share their experience applying the techniques and solve the doubts.

Duration: 60 min.

There has to be a maximum of 10 participants (due to COVID-19 restrictions) in the program.





FACE2FACE SESSION: GUIDELINES, DURATION AND TOOLS							
Step 1	<p>Opening</p> <p>Once attendees have arrived to the classroom, the trainer will introduce the objectives of the Experiential Training Activity, including topics, activities (traditional methods and ICT tools), planning (including all activities included in the experiential training activity: Face2Face/online/practical) and why it is important to work on these topics.</p> <p>Topics of the session:</p> <ul style="list-style-type: none"> • Nutrition • Digestion • Toileting • Strategies to promote nutrition, digestive and toileting. <p>Objectives:</p> <ul style="list-style-type: none"> • To know why the incontinence may increase in people with dementia. • Be aware of the most common toilet problems • To introduce and apply all techniques that we know to help them to make their lifes easier • To reduce and manage accidents • To keep a healthy bladder and bowels <p>Timeline</p> <table border="1"> <tr> <td>1^o week</td> <td>• FACE2FACE SESSION</td> </tr> <tr> <td>2^o week</td> <td>• ON-LINE SESSION</td> </tr> <tr> <td>3^o week</td> <td>• FACE2FACE SESSION (validation)</td> </tr> </table> <p>- Duration: 15 minutes. - Tool: PPT.Dimension 1: Nutrition, digestion and toileting</p>	1 ^o week	• FACE2FACE SESSION	2 ^o week	• ON-LINE SESSION	3 ^o week	• FACE2FACE SESSION (validation)
	1 ^o week	• FACE2FACE SESSION					
2 ^o week	• ON-LINE SESSION						
3 ^o week	• FACE2FACE SESSION (validation)						
Step 2	<p>Benefits of Nutrition and digestion techniques</p> <p>Duration: 15 minutes. - Tool: PPT</p>						
Step 3	<p><u>Presentation of Technique 1: Facilitating social engagement during meal time</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>						
	Break 5-10 minutes						





Step 4	<p><u>Presentation of Technique 2: Creating a calendar for household chores</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 5	<p><u>Presentation of Technique 3: Reducing and managing accident</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 6	<p>Benefits of toileting techniques</p> <p>Duration: 15 minutes. - Tool: PPT</p>
Step 7	<p><u>Presentation of Technique 1: Help with using the toilet at home</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 8	<p><u>Presentation of Technique 2: Going to the toilet during the night</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 9	<p><u>Presentation of Technique 3: Help when out and about</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 10	<p><u>Presentation of Technique 4: Remembering to go to the toilet</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 11	<p><u>Presentation of Technique 5: Developing a routine</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>
Step 12	<p><u>Presentation of Technique 6: Ensuring good personal hygiene</u></p> <p>- Duration: 15 minutes. - Tool: PPT.</p>





Step 13	<p><u>Practical Techniques</u></p> <ul style="list-style-type: none"> • Experience with an expert. <p>- Duration: 15 minutes.</p> <p>- Tool: PPT.</p>
Step 14	<p>Closure</p> <p>The trainer will summarize the session and respond to questions and doubts of the participants.</p> <p>Trainer will explain the activities to be done in the Online Training Session and invites the participants to the next F2F (validation).</p> <p>Duration: 10 minutes</p> <p>Tool: none</p>

Step 1	<p>ONLINE SESSION: GUIDELINES, DURATION AND TOOLS</p> <p>The trainer introduced the activities that they are going to do during the Online session.</p> <p>The main objective of this activity is to practice including techniques learnt in previous sessions, in a real environment with PwAD.</p> <p>Material:</p> <ul style="list-style-type: none"> • Guide Book • PPT • Links • Researches
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Step 2

On-line sessions

On-line homework for the users:

- Memory box
- Calendar for household chores
- Checklist for the toileting area

CHECKLIST FOR THE TOILETING AREA

To manage an accident:

- Remember that it's not the person's fault
- Try to overcome any embarrassment or upset they may feel
- Avoid appearing angry or upset.
- If someone has become wet or soiled, they should wash afterwards with mild soap and warm water, and dry carefully before putting on clean clothes and fresh pads, with assistance if needed.
- Soiled clothes, reusable pads or bedding should be washed immediately, or soaked in an airtight container until they are washed.
- Used disposable pads should be stored in a disposal bag or other appropriate container, and thrown away as soon as possible.
- Moist toilet tissues may be suitable for minor accidents, as they clean better than dry toilet paper. However, be aware that they may irritate the person's skin.

To recognise and using the toilet:

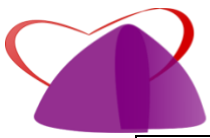
- A sign on the door, including both words and a picture, may help. It needs to be clearly visible, so place it within the person's line of sight and make sure the sign is bright so it's easy to see.
- Check the position of mirrors in the bathroom. The person with dementia may confuse their reflection for someone else already in the room, and not go because they think the toilet is occupied.
- Make it easier for the person to find their way to the toilet. Move any furniture that's in the way, and leave open





- Help the person to identify the toilet. A contrasting colour (for example, a black seat on a white base) can make it easier to see.
 - Make sure the person has privacy in the toilet, but check that they don't have difficulty managing locks. To avoid the person locking themselves in, disable the locks or check that you can open them quickly from the outside (for example with the edge of a coin).
 - Choose clothing that will be easier for the person to undo when using the toilet. Trousers with an elasticated waist are often easier than zips. Some people find 'adaptive clothing' with Velcro fastenings easier to use than zips or buttons.
 - If the person is less mobile, handrails and a raised toilet seat may make it easier for them to use the toilet. Some men with reduced mobility or balance, or who are not able to direct their pee when standing, may find it easier to sit.
 - If getting to the toilet becomes too difficult because of mobility problems, an aid such as a commode may be useful. This will require the person to recognise the commode, know how to use it and be willing to use it.
- To go to the toilet during the night:
- Installing motion sensors for lights or night lights in the bedroom, hallways and bathroom. Set the timer so they won't suddenly leave the person in darkness
 - Keeping a urinal bottle (designed for men and women) or commode next to the person's bed at night
 - Not drinking anything for two hours before going to bed – but making sure that the person drinks enough during the day to avoid getting dehydrated.





Remembering to go to the toilet:

- Ask them regularly (every two to four hours) whether they need the toilet.
- It's important to check that the person has used the toilet, and not forgotten or become distracted.
- Watch for signs that the person may want to go to the toilet, especially if they cannot communicate this clearly. These signs may include fidgeting, pacing, getting up and sitting down, or pulling at their clothes.

Developing a routine:

- For someone who regularly wets themselves, try making a timetable that includes reminders for going to the toilet. For example, it could include reminders when the person wakes up, before each meal, at coffee or tea times and before bed.
- An automatic reminder – for example, on a smartphone – can also be useful in prompting a person to use the toilet or to check if their pad needs changing.
- For fecal incontinence, it is possible to help the person become continent again by supporting them to go to the toilet at a set time each day, and helping them to stay long enough to have a bowel movement.
- Trying to go to the toilet a few minutes after a meal can help – for example, some people find it helpful to go after breakfast.

Ensuring good personal hygiene:

- Be mindful that the person may prefer to use a bidet rather than toilet paper, or may use a preferred hand to clean themselves
- Wipe from front to back (which helps to prevent infection), rather than back to front
- Remind the person to wash their hands after they have used the toilet.





Step 3	<p>On-line sessions</p> <p>Links to support the use of techniques at home:</p> <ul style="list-style-type: none"> • https://www.alz.org/help-support/caregiving/daily-care/food-eating?lang=en-US • https://www.caregiver.org/resource/feeding-and-nutrition-dementia/ • https://www.smgg.es/images/articulos/guia-espen.pdf • https://journals.lww.com/nutritiontodayonline/Fulltext/2020/09000/Feeding_a_Person_With_Advanced_Alzheimer_s.4.aspx • https://www.alzheimers.org.uk/get-support/daily-living/toilet-problems-continenence • https://www.alzaid.com/how-to-help-an-alzheimers-patient-with-toileting-needs/ • https://www.everydayhealth.com/alzheimers/alzheimers-disease-and-bathroom-activities.aspx • https://www.caregiver.org/resource/toileting-dementia/ • https://www.alzheimersblog.org/2016/09/06/toileting-tips-tricks/ • https://www.youtube.com/watch?v=E6A9jsuAiyI <p>Duration: it depends on the users.</p>
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Step 1	<p>FACE2FACE SESSION: VALIDATION OF TECHNIQUES</p> <p>Once attendees have arrived to the classroom, the trainer will check the tasks completed during the Online session and will solve doubts and questions.</p> <ul style="list-style-type: none"> • Make sure that the techniques were applied in the proper way. <p>- Duration: 50 minutes -Tool: Check list to complete different tasks.</p>
Step 2	<p>Closure:</p> <p>The trainer will summarize the session.</p> <p>Duration: 10 minutes Tool: none</p>

