

# The Care Wheel®

*Interested?*

*Need more information?*

*For Family*



*For Professional*



*For Student*

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# The Care Wheel®



Circular chart  
containing information  
about persons with dementia.

*author of*

Available in  
English & Spanish

*The*  
**LIVING DEMENTIA**  
*Case-Study Approach*

# The Care Wheel®

## What is the Care Wheel?

The Care Wheel is a tool designed to meet the needs of caregivers and their loved ones. It enhances the quality of life for persons with dementia and their caregivers, both family and professional. Caregivers discover

What Works and What Does Not.

## Situation

Peter was 13 when he had his first dog, 18 when he worked in the lumber camps, and 20 when he married. Now, 74, Peter is pacing up and down the hallways of Tick Tock Manor where he is a resident. Peter always paces on this day, because today is Peter's bath day.

Things are done right on schedule at Tick Tock Manor. The caregivers never forget Peter's bath day. And it is interesting that although Peter has dementia, he never forgets the bath day either. When the caregiver approaches him to offer to assist Peter with his bath, he becomes agitated and walks off quickly in the other direction. Any further mention of bathing sets Peter off in an angry outburst.

## How the Care Wheel Works

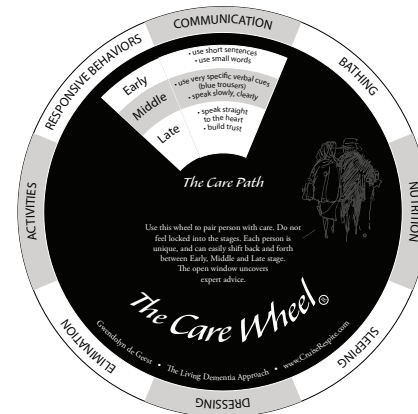
The Care Wheel is a circular chart containing information about persons with dementia. It is designed to keep Peter as independent as possible for as long as possible.

Peter is in the **Late/Trust** phase of his journey.

Open the window at **Communication**, which reveals to "speak straight to the heart, and to build trust."

Secondly, open the window of **Responsive Behaviors**, which reveals "appropriate touch, go with the flow, and calm approach."

Finally, open the **Bathing** window, and the caregiver understands to give Peter a shower or foot soaks, utilize music, aroma therapy and distraction in place of the bath.



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## Outcomes

Bathing time can be one of the most challenging times for the caregiver, and one of the most frightening times for persons with dementia. Using the Care Wheel, the caregiver must first build trust with Peter. Don't even discuss the bathing, rather walk with Peter, distracting away from the bath, and discussing things that Peter likes, such as his dog.

The caregiver goes with the flow; using appropriate touch, Peter takes the caregiver's hand and they walk together towards the bathing area. Using the Care Wheel, it has been decided to enjoy some nice music together and Peter will have his bath in the evening.

## Analysis

Peter lives in the moment. He is not interested in bathing and is resistant to care. Peter sees no reason for taking a bath. Any discussion over three minutes is too long to even discuss the bath. The caregiver needs to change the subject and discuss what makes Peter happy.

The Care Wheel assists this caregiver to communicate with Peter and maintain his dignity and respect. The Care Wheel assists in understanding the responsive behaviors of Peter. The Care Wheel is a handy tool that suggests that perhaps Peter might enjoy an evening bath.