Screening for a sense of competence

1. Consequences of involvement in care for the personal life of the caregiver
   Do you feel that the present situation with your … does not allow you as much privacy as you would like?
   Do you feel stressed by trying to do enough for your … as well for other family responsibilities, job, etc.?

2. Satisfaction with your own performance as a caregiver
   Do you wish that you and your … had a better relationship?
   Do you feel strained in your interaction with your …?

3. Satisfaction with the person with dementia as a recipient of care
   Do you feel that your … tries to manipulate you?
   Do you feel that your … behaves the way s/he does to annoy you?
   Do you feel that your … behaves the way s/he does to have her/his own way?

Support strategies

1. Define acceptable goals of involvement. Organize additional professional support.
2. Open a dialogue regarding expectations, resources, conflicts, stigmas and feelings of guilt. Dialogue about what the caregiver thinks s/he has to do and what s/he actually can do.
3. Clarify the relationship between the behaviour of the person with dementia and the dementia syndrome.

Screening for depression

1. During the past month have you often been bothered by feeling down, depressed, or hopeless?
2. During the past month have you often been bothered by little interest or pleasure in doing things?

Caregiver's management strategy

- Nonadapters: lack of understanding or acceptance of the situation; approaching the person with dementia with impatience, irritation, or anger.
- Nurturers: care and protection; parent-child approach in which the person with dementia is taken by the hand and is no longer regarded as an equal.
- Supporters: adapting to the level of functioning of the person with dementia and encouraging him/her in existing abilities.

Severity of dementia

Mild: the person can live independently for the most part, with adequate personal hygiene and relatively intact judgement, but social activities and employment are both significantly impaired.
Moderate: formal employment is no longer possible and independent living is fraught with hazard to the extent that limited supervision is required.
Severe: there is severe impairment of daily activities (like minimal personal hygiene), and continual supervision is needed. The patient is entirely dependent on the caregiver for survival. Recognizing familiar and unfamiliar people in the environment is often no longer possible.