

## Caregiver Super Bowl Playbook

### Play 1: Know the Opponent (Understanding Dementia)

Just like knowing a Super Bowl rival, understanding dementia helps you anticipate challenges and respond with confidence.

[Brain Changes] Start of Dementia  
Memory | Judgment | Behavior

### Play 2: Huddle Up (Communication)

Use short sentences, eye contact, and a reassuring tone—your team huddle keeps everyone grounded.

Caregiver -> Calm Voice -> Care Receiver <- Reassurance <-

### Play 3: Stick to the Game Plan (Daily Routine)

Just like a play script, routines reduce stress, build confidence, and keep the day predictable.

Morning -> Meals -> Activities -> Rest -> Bedtime

### Play 4: Watch for Signals (Behavior Cues)

Recognizing triggers is like reading signals on the field—adapt quickly to keep things calm.

Pain, Frustration -> Agitation  
Hunger -> Pacing  
Noise -> Confusion

### Play 5: Offensive Line (Preventing Problems)

Your home setup is your offensive line. Reduce clutter, improve lighting, secure hazards, and label key spaces.

#### SAFETY LINE

[Clutter] Remove clutter from the house.

[Hazards] Remove rugs (could cause tripping), Locking car keys up, Lock up knives, etc.

[Lighting] When dark turn on lights., Open curtains during the day.  
[Labels] Word labels or picture labels such as sock drawers, items in the fridge etc.

### Play 6: Time-Out Strategy (Managing Stressful Moments)

When things get tense, call a time-out—pause, breathe, reset the environment.

#### TIME-OUT PLAY

| Pause | Breathe | Reset |

### Play 7: Red Zone Success (Personal Care)

The red zone requires patience—move slowly, offer choices, and maintain dignity.

Caregiver -> Step-by-Step -> Success

Drink of water-

1. Open cupboard
2. grab glass
3. shut cupboard
4. go to sink
5. turn on faucet
6. put cup under water
7. fill cup, turn off faucet
8. drink water
9. put glass down.

### Play 8: The MVP (Meaningful Activities)

Activities like music, folding towels, and walking reduce anxiety and spark joy.

#### ACTIVITIES

Music | Photos | Walking | Simple Tasks

### Play 9: The Halftime Check-In (Caregiver Self-Care)

Teams regroup at halftime—you should too. Check hydration, stress, rest, and support.

#### SELF-CARE

Water | Rest | Support | Break

### Play 10: Build the Super Bowl Team (Support Network)

Caregiving is a team sport. Family, friends, medical providers, and LSSMN services form your lineup.

#### TEAM FORMATION

Support | Doctors | LSSMN | Family | Lawyer- (Will, POA, Health Care Directive, DNR/DNI) | Funeral Plans

### Play 11: Celebrate the Wins (Daily Victories)

Every small success is a touchdown worth celebrating.

#### ***TOUCHDOWN!***

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### Super Bowl Game Plan Summary

- Stay calm and patient—your energy sets the tone.
- Use simple, supportive communication.
- Stick to predictable routines.
- Look for triggers behind behaviors.
- Prioritize dignity, comfort, and connection.
- Build and use your caregiving team.
- ***Celebrate small wins—they matter.***