RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US

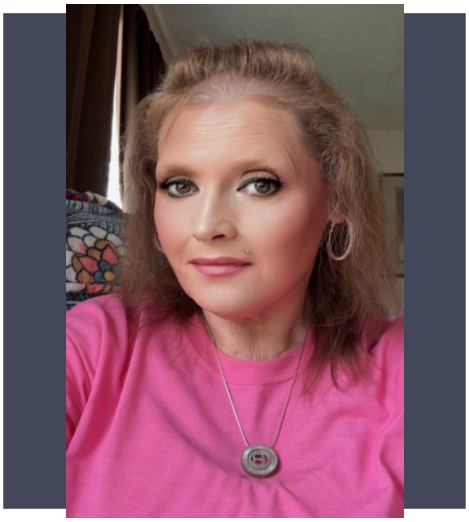




NEWSLETTER

Nov. 2026 ISSUE #123 Caregiving Updates

EMPLOYEE SPOTLIGHT:
Tanya Blanton



From Tanya:

"I am 52 years old and I have been a caregiver for over 35 years. I absolutely love to work in this field and I love the family's that I care for. This is my passion along with a love for make-up and dirt track racing. I race my own car when I am off work. I have had a particulary hard life, but I make sure that I live every day to the fullest. I am a throat cancer survivor and a breast cancer survivor so there is no obstacle that I cannot overcome."

Tips on Caring for a Loved One with Alzheimers

Communication and Interaction Tips

- Avoid arguing or correcting: If they say something inaccurate or believe someone from the past is still alive, do not correct or lecture them—it only causes confusion and distress. Play along gently or change the topic.
- Approach from the front: Always walk up from where they can see you so you do not startle them, and calmly reintroduce yourself with a bit of context if needed (e.g., "Hi Aunt Helen, I'm Greg, Ruth's son").
- Keep language simple: Speak slowly using short sentences, yes-or-no questions, and gentle eye contact in a quiet space free of background noise.
- Reminisce without pressure: Look at old photo albums, listen to familiar music, or talk about pleasant childhood memories.

Meaningful Activities to Share

- Simple, tactile tasks: Fold laundry, water plants, sweep a porch, or work on easy puzzles and dominos to give them a sense of routine and purpose.
- Shared movement: Take short, slow-paced walks together or stretch/dance to favorite songs.
- Food and quiet presence: Sit together for a meal, a cup of coffee, or simply sit quietly in the same room without forcing conversation.

FRIENDS OF RITA'S



Interested in seamless professional home organizing services?

Sara Fort | Do You Organize | https://doyouorganization.com

WWW.RITASCAREATHOME.COM 615-298-3826

2021 RICHARD JONES ROAD, SUITE 110, NASHVILLE,TN 37215