



Caregiver Tips

(Tip #20)

Redirecting To Change Focus Can Relieve Stress

Contributed by:

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When a confused person decides to do something they shouldn't, do not correct them. They will most likely resist and tension will escalate. Instead, "redirect" their focus. For example, when a resident decides to walk to the home of a family member that is 30 miles away, I may suggest that we wait here for their loved one and then fill the time with an activity, something else that is of to interest to them.

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