

# THE DICE APPROACH™

DESCRIBE | INVESTIGATE | CREATE | EVALUATE



“I am so frustrated and I just don’t know what to do.” If you are providing care for a family member with dementia and feel frustrated or overwhelmed, the DICE Approach™ may be able to provide you with useful strategies for managing daily life. The DICE Approach™ is a tool that caregivers can use to understand and respond to the variety of situations that occur when providing daily care to someone with dementia.

## **PARTICIPATION INCLUDES:**

**The dementia care professional will meet with you in your home to teach you the steps for using DICE.** You will work through the DICE steps together to create a plan that addresses a behavior that is challenging to you. This may take a couple of hours and can be done at one time or over several visits.

**The dementia care professional will follow up with you by phone or home visits to see how the plan is working.** The dementia care professional will continue to work with you, using the DICE Approach™ until you feel comfortable with the tool. Part of the process may be asking you to work with your loved one’s primary physician, to eliminate other causes of the challenging behavior.

**Once the problem is solved, you can use DICE in the future as behavioral challenges arise.** Your dementia care professional will be there to help you, but you will have the knowledge to start managing the difficult situation yourself using DICE..

**For more information or to participate, please speak with your dementia care professional.**



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