

CARE Compass

Helping Navigate the Later Stages of Dementia



Learning to Assess Pain

This project was made possible by a generous gift.

The goal of the program is to help provide tools and information so that you can navigate the later stages of dementia. We hope that you find these videos and resources to be helpful and encouraging.

This program is designed to be a guide only for the compassionate care and support of your loved one and is not medical advice. If you have questions or concerns, always check with your doctor.

We also want to acknowledge that late-stage dementia can look very different from person to person. Sometimes the ideas we share may not work or work for a short time. That is okay. No one person is alike, and what works today may not work tomorrow. We hope to provide tools that can be options for you to try.

This guide contains links and other resources that may not be provided by the presenter but are added to the guide to provide additional information and support.

In the later stages of dementia, it is important to remember that communication can look very different. When our loved one is in pain, they may no longer say “I don’t feel well, or my head is really hurting,” instead of their actions. The way they breathe, the noises they are making, might be the way they communicate.

The Pain Scale is a way to help identify if your loved one might be in pain and a reminder that pain might look different as the disease progresses.

You can print out the one below and put it somewhere that is easily accessible to use when needed, or to help you navigate the later stages of dementia and the care for your loved one.

Pain Scale

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