

The Dignity Starter Kit

3 Game-changers for Dignified Care
[+ tools to boost your confidence]

A FREE CHEAT SHEET



THE DEMENTIA GURU®

Meet Ashley

gerontologist. social worker.

I guide people through dementia, caregiving, and the messy systems that need changing. Just call me your personal dementia guru.



My story.

Hey there! I'm Ashley. Founder of The Dementia Guru®

I created this platform because honestly.. I got tired of seeing families struggle, caregivers burnout, organizations deliver the bare minimum in care, and systems pretend like dementia care is easy. It's not. But we can change the narrative.

This work started for me at just 6 years old, when I first witnessed dementia up close, as my Great Grandma Trollie lived with Alzheimer's. I didn't quite have the words for what I was seeing back then, but I knew it was important. That early childhood experience shaped how I see aging, brain change, and caregiving. It planted the seed for every thing I do now.

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www.thedementiaguru.com

What's Inside

take a peak!

3 Game-changers for Dignified Care:

1. *Dignity Do's (your new go-to habits)*
2. *Questions to Ask (when navigating care decisions)*
3. *Red Flags to Watch (when dignity is at risk)*

+ bonus tools to boost your confidence!

- *Quick Tools & Links (so you don't have to scramble)*
- *Reflection Space (to stay grounded)*



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1.

DIGNITY DO'S

These are small, consistent practices that protect identity and humanity..
Even on the hardest days.

- *Speak directly to the person, not around them.*
- *Call the person by name, not the diagnosis ("Mr. Joe, not 'the dementia patient'").*
- *Give choices: "Would you like water or tea?"*
- *Protect privacy (bathroom, dressing, visitors)*
- *Use a calm tone and eye contact*
- *Ask before touching or moving the person*
- *Tell others their story ("She was a teacher for 40 years!")*
- *Create moments of joy: Try music, touch, sensory*
- *Adapt routines to their preference + rhythm, not yours*
- *Take breaks. Your dignity matters, too!*

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2.

QUESTIONS TO ASK



When choosing care, touring communities, hiring help, or even getting support from family, ask these helpful questions.

- *How does your team ensure client dignity in care?*
- *How are care plans personalized?*
- *What training do staff receive around dementia and personhood? How often?*
- *How do you handle resistance or difficult behavioral symptoms related to dementia?*
- *Can family visit at any time?*
- *How do you involve the family in the plan of care?*
- *Are staff consistent, or do they rotate often?*
- *How are concerns addressed?*
- *Can I speak with the direct care staff to learn more about a typical day?*

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3.

DIGNITY RED FLAGS



If these show up, it's time to pause, ask questions, and take action. Do not doubt yourself.

- *The person with dementia being talked about, not talked directly to*
- *Forcing choices or rushing care*
- *No cultural, spiritual, or personal respect and competence*
- *Ignoring discomfort or pain and using medication as an immediate "fix"*
- *Dirty clothes, hygiene, or environment*
- *Loss of autonomy and voice without discussion*
- *No one asking, "What matters to the them?" or "What did they enjoy doing in their past time?" or "What ways can we offer comfort and dignity for them now?"*
- *Treating everyone, client, patient, and resident, the exact same. No personalized care or concern*

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Quick Tools & Links

tap into these resources:

- Area Agency on Aging – Google & call your local aging specialist and ask about the “Family Caregiver Support Program”
- Eldercare Locator – Find local care – eldercare.acl.gov
- Hilarity for Charity, HFC – Caregiver Roadtrip – www.wearehfc.org/roadtrip
- Alzheimer’s Association 24/7 Helpline – [1-800-272-3900](tel:1-800-272-3900)
- American Society on Aging – Anti-ageist tools and resources – www.asa.org.
- USAging Dementia Friendly America – Dementia friendly environments & support – www.usaging.org/dfa
- UsAgainstAlzheimer’s – Advocacy and policy updates – www.usagainstalzheimers.org.
- The Dementia Guru Instagram – [@thedementiaguru](https://www.instagram.com/thedementiaguru) for tips, tools, and fun!

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A Reflection for You

write this down somewhere:



♥ *"Dignity doesn't require perfection. It only requires your presence."*

♥ *"Showing up for my loved one **IS** advocacy."*

♥ *"My care is rooted in dignity because people deserve to feel seen, valued, and respected."*

♥ *"Dignity is at the heart of my caregiving."*

-The Dementia Guru

Ashley Stevens

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