

Communication Tip: Using Redirection

Cheryl Gies MSN, RN, CNP with David Lymanstall MEd, MSN, RN

Hello, my name is Cheryl Gies and I am an adult nurse practitioner who is very interested in helping caregivers of persons with AD. My colleague David Lymanstall joins me to reenact this communication presentation to demonstrate Redirection

About this presentation ...

The following audio presentation demonstrates two conversations between a caregiver daughter and her father who has Alzheimer's disease.

In the first example the conversation does not go very well and ends in anger and frustration.

In the second example the daughter uses "redirection" which is a communication tool that is used to gently distract her father and gain his cooperation.

First Example: When the conversation starts to fall apart...

Daughter: Hi Dad. I see you're sitting out here in the back yard. Are you enjoying the warm sunshine?

Father: Yep, just resting a few minutes before I get in the car and drive across town to pick up mom from the hair dresser.

Daughter: Oh really? Did you forget that the doctor told you that you can't drive anymore?

Father: What?? (getting angry) Don't be ridiculous, of course, I know how to drive, I've been driving for 60 years!!! Who does that doctor think he is? He can't tell me what I can and can't do...

Daughter: It's not that you don't know how to drive, it's that you are not safe behind the wheel anymore and you sometimes forget where you are going.

Father: I'll tell you what (raising his voice), I do know where I am going...I am going to pick up your mother and no one is going to tell me that I can't!!!

Daughter: (weary) Why do you always have to make this such a big deal, I am so tired of arguing about this with you.

Second Example: Try redirection...

Daughter: Hi Dad. I see you're sitting out here in the back yard. Are you enjoying the warm sunshine?

Father: Yep, just resting a few minutes before I get in the car and drive across town to pick up mom from the hair dresser.

Daughter: (calm) Yes, mom always looks and feels so much better after a trip to the hair dresser. At eighty years old she is still such a beautiful woman.

Dad: She sure is ... 80 years old you say? ... seems like only yesterday we were "young – uns" !!! Never forget that day I first saw her standing at the counter of old man Mac's grocery store.

Daughter: Was that the day you first met her, dad?

Father: Yep, and she wasn't very interested in the likes of me at first (smiles and laughs).

Daughter: I found that box of pictures you were looking for the other day, you know the one with all those pictures of you and mom and the "old gang"? I thought it would be fun to go through them and have a glass of lemonade on the patio...what do you say?

Father: You found that box? I'd like to see if that picture of Sam Stone is in there ... those were the days, sure were good times...didn't have much but then nobody did ...

...Thank you for being a caregiver