

## Case Study

### David Howe, 83, Alzheimer's

#### Referral / Presenting issues

David Howe, eighty-three, has a diagnosis of Alzheimer's. This has presented in sleep issues, often leaving him unable settle at night. His family report that he would be awake every two to four hours, fidgeting with his pyjamas or bedcovers and getting up to rearrange furniture in the house or taking apart the toilet. He would often get up holding his duvet and trip over, ending up on the floor, or undress himself in bed, removing his incontinence pads. His wife and daughter advise that this disruptive nocturnal behaviour has been going on for months. The family has increasing concerns regarding the safety of David at night, due to the falls and increasingly erratic behaviour. David's daughter self-referred to Fidgetbum, to support the family with a new plan of intervention.

#### Background information

David lives with his wife, also in her 80s. They share a bedroom, but sleep in separate single beds on opposite sides of the room. Aside from the worry of her husband coming to harm, David's wife has been concerned for her own safety. Whilst awake at night, David would walk over to her, asleep in her own bed across the room, and lost balance and fell on top of her several times, once causing bad bruising to her face.

The family had tried to use both a pressure mat and infrared sensors, which would sound an alarm when David left his bed, to alert his wife, but the delay in the sensors meant that he had often already fallen by the time the alarm went off. They also tried to use an inflatable single mattress as a barrier, to stop him from getting out of bed, but found it to be more dangerous as he would try to climb over it, so discontinued this measure. In the early stages of Alzheimer's, his wife had used a baby monitor to listen out for any movement, but found that she could never relax and so her own sleep suffered too and she was less able to care for him. This was discontinued.

#### Assessment

David's sleep pattern was erratic and his waking episodes confused and upsetting for himself and his family. His wife was exhausted physically and emotionally and fearful for her own safety in bed at night. David's daughter and family had tried so many ways to keep him safe in bed at night but nothing, to date, had worked.



## Case Study

### Plan

David's daughter had heard about Fidgetbum via a friend and decided to try it. Her mum (David's wife) was initially sceptical, as previous interventions had failed to help but, after a particularly bad night, she decided to give it a try.

### Intervention

The first night they trialled the Fidgetbum, David slept through for the first time in months, no fidgeting with the covers and no trying to get up. His wife reports that he appeared secure and comfortable. Despite initial reservations, Fidgetbum continued to help David sleep through the night consistently over a period of several months.

### Summary

Fidgetbum improved David's sleep patterns and nocturnal behaviour. He was able to settle more quickly and consistently stayed asleep all night. His wife reported that he no longer removed his clothes or incontinence pads in bed and, on the occasions when his incontinence pads leaked, Fidgetbum was quick to wash and dry and easy for her to put back on the bed within an hour or two.

David's daughter says: "Fidgetbum had such an instant and enormous impact on my Dad's sleep. I wish we had tried it earlier. Unfortunately, dad is no longer with us, but it made such a difference to the last few months of his life, giving my mum piece of mind and an easier life as his main carer, and him a greater degree of dignity. I would highly recommend Fidgetbum to others dealing with sleep issues associated with dementia and Alzheimer's". Fidgetbum is available in sizes for Single bed, Double bed, Kingsize and bespoke sizing for hospital beds and other unusual size mattresses. Following customer feedback, a longer full-length version is also available, which can be more suited to adults with sleep needs.