

## Helpful Tips

Assess with every interaction, "Are they safe, happy and pain free?"

Be compassionate – How would you like to be treated if you were ill or had a disability?

Offer help, but don't take over.

Make them feel empowered.

Repetitive questions or comments are new to them every time.

Don't take things personally.

Give yourself credit daily for engaging respectfully.

Live in their world and learn to play again.

Utilizing their preferred music can help create a calm environment.

Care Partners need to stay healthy in mind, body and soul; as well as stay socially connected and safe.

Know your connection continues to exist, even when they are unable to communicate with you by normal standards.

Look for the joy. As you will only find what you are looking for.

## Projects & Initiatives

*Alzheimer's Speaks*  
**Radio**   
BE OUR NEXT GUEST!  
Lori La Bey

**Dementia Chats™**  
Craig Hanke, Paulan Gordon, Michael Ellenbogen, Laurie Scherrer

**Dementia AND THE ARTS™**

**Alzheimer's Speaks**

**Dementia Friendly**

**FREE TOOLS**  
**DEMENTIA MAP™**  
Global Resource Directory

**Conscious Caregiving with L & L**  
"TACKLING TOUGH CONVERSATIONS"

**TOOLBOX**  
Helping you build your toolbox to **CARE BETTER!**

## Communication Tips When Caring For Those With Dementia



*Helping People Live Graciously Alongside Dementia*



[AlzheimersSpeaks.com](http://AlzheimersSpeaks.com)

**Changing how Caregiving is Perceived, Received and Delivered**

**Radio Host**

**[Lori@AlzheimersSpeaks.com](mailto:Lori@AlzheimersSpeaks.com)**

PO BOX 13733 Roseville, MN 55113-3733 651-216-5413

**AlzheimersSpeaks.com**

© of Alzheimer's Speaks, LLC 2023

## Helpful Tips

**Keep in mind each person with dementia is unique and may react differently to these tips.**

Smile, stay calm and positive.  
Doing this can help everyone.

A quiet environment is best.

Always approach from the front  
so you don't scare them.

Be at eye level when  
communicating and keep friendly  
eye contact.

Over stimulation of the senses  
can trigger emotional shifts.

Introduce yourself in a similar  
fashion utilizing multi-sensory  
connections such as: sound,  
sight, touch and smell.

Don't ask: Do you remember  
me? What is my name?

Accept and validate their  
emotions versus trying to  
change their feelings.

Look for their nonverbal  
communication signs. They can  
pick up and respond to yours too.

- |                    |                |
|--------------------|----------------|
| ◆ Stern eyebrows   | ◆ Smile        |
| ◆ Rolling eyes     | ◆ Gentle touch |
| ◆ Crossed arms     | ◆ Glint in eye |
| ◆ Pointing fingers | ◆ Dimples      |
| ◆ Tight jaw        | ◆ Wink         |

## Helpful Tips

Have inclusive conversations.  
Show respect even if they don't  
reply or their response doesn't  
make sense.

Be gentle in both conversation  
and touch.

Use your calm and  
compassionate voice.

Laughter is usually appreciated,  
but don't be demeaning.

Be patient and give them extra  
time to respond.

Be conversational. Don't lecture  
or try to control.

Simplify instructions and narrow  
choices to one or two.

- ◆ Would you like to wear the  
red or blue shirt?
- ◆ Show the shirts as a physical  
cue.

If you don't understand what they  
are trying to say or do, show  
interest by asking clarifying  
questions.

- ◆ Tell me more about that?
- ◆ What does it look like?
- ◆ How does it work?
- ◆ Who uses it?
- ◆ When would you use it?
- ◆ Why do you like it?

## Helpful Tips

Praise what they can do.

Maintain routines whenever  
possible.

Identify agitators and try to  
remove or replace them with a  
sense of calm and safety.

Don't assume they are not  
interested if their eyes are  
closed. They may be processing  
information or searching for a  
word.

Have a backup plan.

Be more spontaneous and willing  
to reprioritize things.

Gently redirect if they lose their  
train of thought or wander off.

Arguing won't work. Logic isn't  
always relevant when dementia  
is in play.

Take pictures to capture  
moments you both can reminisce  
about.

It's ok to relax and be quiet.  
Neither of you need to be busy  
all the time.

Be patient and kind. If they are  
struggling with a task, offer help  
in a respectful way.

Build a tool kit of resources, as what  
worked in one moment might not  
work in the next.