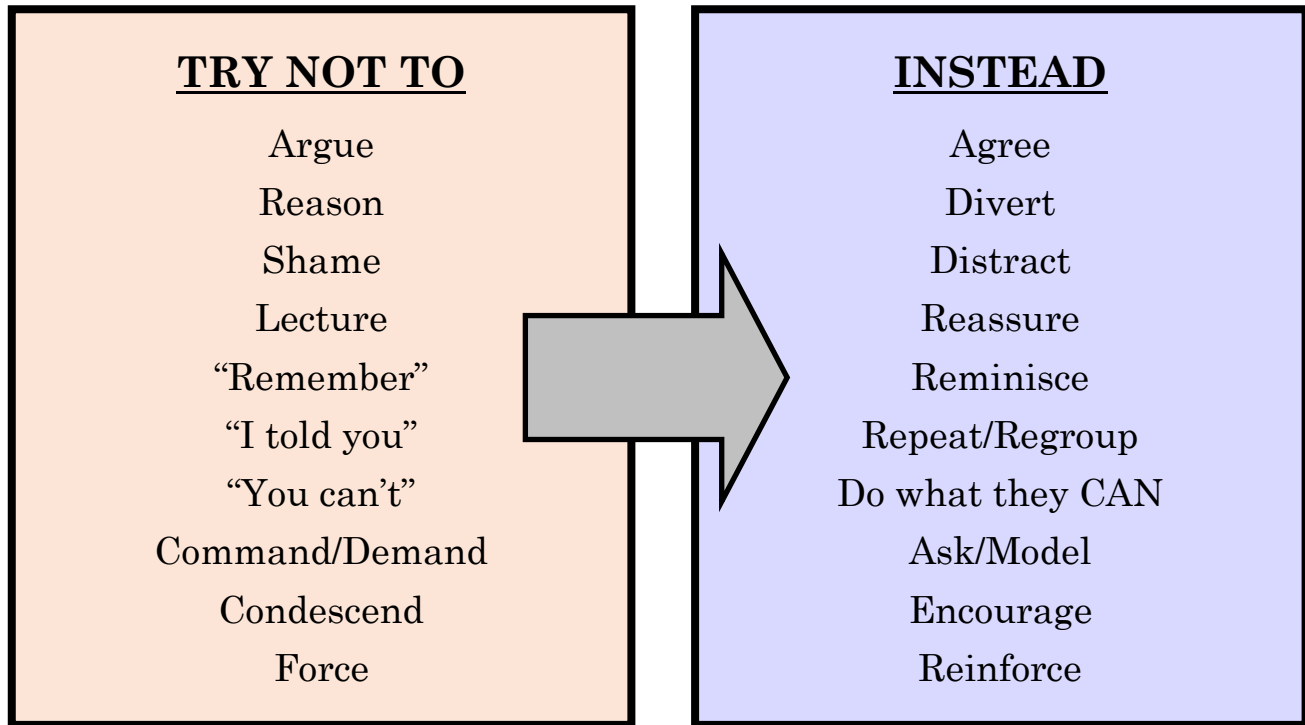


ALZHEIMER'S & DEMENTIA COMMUNICATION TIPS



***Remember*, we CANNOT change the person with dementia!**

The disease has shaped who your loved one has become. When you try and CONTROL or CHANGE their behavior you will most likely be unsuccessful or met with resistance.

10 TIPS FOR BETTER COMMUNICATION

1. Set a positive mood for interaction—your attitude & body language say more than your words do!
2. Get the person’s attention by limiting distractions & noise.
3. State your message clearly.
4. Ask simple, answerable questions.
5. Be patient, listen with your ears, heart and eyes,
6. Break down activities into a series of steps
7. When the going gets tough, distract & redirect.
8. Respond with affection and reassurance
9. Remember the good old days
10. Maintain your sense of humor