



DEMENTIA FRIENDLY GUIDE

DEMENTIA is a general term used to describe a set of symptoms resulting from disease such as Alzheimer's, strokes, Parkinson's, Lewy body, frontotemporal dementia, and more. It can affect memory, thinking, language, personality and behavior.

APPROACH

- From the front
- Smile
- Make eye contact
- Friendly facial expression
- Open & friendly body language
- Kind tone of voice



COMMUNICATE

- Speak clearly
- Simplify & slow down
- Short sentences
- Pause between sentences
- Give one direction at a time
- Ask one question at a time
- Repeat
- Re-phrase
- Use gestures



THINGS TO DO

- ▶ Offer to help
- ▶ Reduce distractions
- ▶ Acknowledge feelings
- ▶ Show acceptance
- ▶ Include
- ▶ Remain calm



THINGS NOT TO DO

- ▶ Take things personally
- ▶ Ignore
- ▶ Isolate
- ▶ Overwhelm
- ▶ Argue
- ▶ Talk too fast



PATIENCE IS KEY



HAVE IT...SHOW IT...MODEL IT.



- S** - smile
- L** - listen
- O** - one thing at a time
- W** - words clear
- E** - eye contact
- R** - remain calm

(Devised by Ginny Nelson, caregiver)

For more information please contact:

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