

Communication Tips for Family Members of Persons with Dementia

- Speak slowly and clearly.
- Don't rush the person. Pause for response. Offer a guess if you are not sure what the person is saying.
- Limit distractions.
- Look for the FEELINGS underlying the person's communication, and validate them.
- Encourage unspoken communication. Use gestures, visual prompts, sensory cues.
- Provide a solution rather than a question.
- Instead of using "it" or "that" name the object or place, specifically. Example: Instead of "Here it is," say "Here's your hat."
- Avoid saying "NO!"
- Avoid asking questions they can't answer.
- Encourage the use of the person's remaining skills and strengths!



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*Tips collected by Marysue Moses, Dementia
Care Coordinator, mmoses1@fairview.org*

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