

# TIPS FOR Communicating with a person who has dementia



- **Remember to speak slowly and clearly.**
- **Don't rush the conversation.** Pause for response. You can offer a guess if you're not sure what the person is saying.
- If possible, be sure to **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!"**
- **Try not to ask questions they can't answer.**
- **Encourage the use of the person's remaining skills and strengths!**