



D&C HOME CARE

MAINE'S #1 IN-HOME ELDER CARE
SINCE 2005.

Communicating with People with Dementia

DO

- Be patient
- Live in their reality
- Reminisce
- Offer choices
- Give simple instructions
- Avoid confrontation
- Observe body language
- Include them in conversation
- Be sensitive to their needs
- Validate their feelings

DON'T

- Reason or argue
- Expect old communication patterns to work
- Take it personally
- Quiz their memory
- Give too many steps at once
- Use open ended questions
- Exclude them from conversation

Helpful Tips

- Maintain Patience – repeat information as often as needed
- Make Eye Contact – try to be in front of them so they can focus on you
- Allow Response Time – Don't rush them or finish their sentences
- Show Respect – identify yourself to them
- Touch – Small gestures can convey interest and get attention
- Use Short Sentences – convey one thought at a time