

Alzheimer's Communication



1. Never **ARGUE**, instead **AGREE**
2. Never **REASON**, instead **DIVERT**
3. Never **SHAME**, instead **DISTRACT**
4. Never **LECTURE**, instead **REASSURE**
5. Never say **"REMEMBER,"** instead **REMINICE**
6. Never say **"I TOLD YOU"** instead **REPEAT/REGROUP**
7. Never say **"YOU CAN'T,"** instead do what they **CAN**
8. Never **COMMAND /DEMAND**, instead **ASK/MODEL**
9. Never **CONDESCEND**, instead **ENCOURAGE**
10. Never **FORCE**, instead **REINFORCE**

Remember, a sense of humor is essential!

- Be consistent. Do things the same way each time
- Stay positive, smile, praise!
- Body language, eye contact, point, pleasant voice
- Keep distractions handy: snacks, music, a pet
- Let others help: family, friends, community resources

Caregiver Tips



DO:

- Remember that persons with dementia want to maintain their self-worth
- Keep your loved one occupied with familiar chores and activities
- Keep everything as simple as possible by breaking tasks down to fewer steps and giving instructions one at a time
- Remember that you provide a sense of security for your loved ones, they will follow you and want to know where you are at all times
- Maintain a structured daily routine
- Minimize distractions, noise, and confusion
- Utilize daily calendars and lists, provide memory aids and cues when possible
- Be patient and gentle...provide affection and support
- Maintain a sense of humor and acknowledge small successes
- Get respite right away from your role as a caregiver

DON'T:

- Expect the answers to all your questions to be accurate
- Get irritated when your loved one asks the same questions over and over
- Give your loved one too much responsibility
- Expect them to properly identify people, places, or things
- Get upset, raise your voice, or scold the person with dementia
- Take the person's behavior personally, remember it's a DISEASE
- Argue with your loved one or try to rationalize with them

EXPECT:

- Sleep changes and/or disturbances
- Symptoms to be worse in the evenings
- Changes in your loved one when there are changes in his/her daily life
- Your loved one to feel anxious, frustrated, and deny their problems
- To have normal feelings such as sadness, anger, guilt, or helplessness