

Better Communication & Understanding Empowerment Tool

Dementia gradually diminishes a person's ability to communicate.. Here are ways to help you better communicate with a person living with dementia.

TIPS FOR EFFECTIVE COMMUNICATION

- **Eye contact is always best!**

Position yourself on their level and establish direct eye contact. Speak calmly in a normal tone of voice. A gentle hand touch can be an effective tool for engaging with a person living with dementia.

- **Listen with understanding and interest.**

Dementia does not take away a person's feelings or the need to be understood. Validate concerns and help the best your can.

- **Keep conversations short and simple.**

Dementia often challenges a person's ability to process information quickly. Slow down and give the person time to process and respond. Silently count to 10 before moving on.

- **Never argue!**

As their care partner, it's your job to creatively step into their world with empathy, understanding, and love.

- **Reminisce.**

People living with dementia often find security and peace by sharing old memories and life stories. When things become overwhelming or difficult, do your best to shift the conversation.