

TIPS FOR EVERYONE LIVING WITH DEMENTIA

Tips for the Person with Dementia

- Take some time to relax
- Do what you enjoy
- Consider letting people know when you need a break or are having trouble
- Make a list with your partner of what you would like to do and use the list to help keep on track
- Consider saying – “I know I know you, but I just can’t place you..” when someone greets you and you aren’t sure who they are to you
- Watch or listen to old, familiar music, movies, and/or TV programs that make you feel good
- Try to exercise every day
- Drink plenty of water each day
- Be careful about too many sweets
- Work with a partner to do familiar and fun activities, for example:
 - Making, signing, or mailing cards
 - Making up mixes with recipes to share
 - Bake something and wrapping it

Tips for the Care Partner

- Keep gatherings small and visits short
- Offer time outs
- Make a list of fun things to do
- Encourage visitors to understand before they begin interacting
- Encourage going out and doing something fun together rather than just talking
- Ask visitors to bring old pictures, familiar items or props, and be prepared to reminisce about old times
- Take breaks from each other
- Consider cutting back on traditions if they seem distressing
- Help visitors by introducing them with orienting information, if they forget to do so
- Exercise and monitor your stress
- Have a friend help the person with dementia select gifts, shop or do something special for loved ones, including you

Tips for the Visitor

- Begin visits with a friendly smile and offer your hand for a handshake
- Introduce yourself by name, then **pause**, if the person still doesn’t seem to know you, give them more information about yourself
- Use shorter phrases and **pause** between thoughts or ideas, giving the person a chance to respond
- Talk about the old times more than recent information
- Keep memories positive if possible
- Accept general comments, don’t push for specifics
- Be prepared to hear stories over and over. Use pictures or props to bring up old memories... and laugh
- Don’t correct errors, go with the flow of the conversation
- If the person says something distressing or seems worried, realize it may not be true. They are not lying to you, their brain is lying to them.