



Communication Tips for Dementia Caregivers

Communicating with someone living with dementia can be challenging, but it's also an opportunity to connect with compassion and understanding. This card offers simple, effective tips to help caregivers foster more meaningful and supportive conversations.

1. **Create a Calm Environment:** Ensure a quiet space with good lighting, minimize distractions (e.g., turn off TV or radio), and meet basic needs first (e.g., hunger, thirst).
2. **Plan Enough Time:** Avoid rushing – choose a time of day when the person is most alert.
3. **Consider Language Needs:** If the person speaks a different language or uses sign language, involve family members or interpreters if needed.
4. **Get Their Full Attention:** Approach the person gently, make eye contact, and say their name.
5. **Use Simple, Clear Language:** Keep sentences short and simple and avoid complex questions or instructions.
6. **Be Respectful:** Avoid speaking down to the person and keep conversations conversational, not interrogative.
7. **Include Them in Conversations:** Don't talk as if the person is not present. Including them helps maintain their sense of identity.

LONG TERM CARE COMMUNITY COALITION

Advancing Quality, Dignity & Justice

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit www.nursinghome411.org/dementia-care-in-the-community.

Visit www.NursingHome411.org for...

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to
use and share.**

