



# Compassionate Care: Tips for Families and Care Teams

Dementia changes how people think, feel, and connect with others. Person-centered care - support that honors an individual's unique needs, preferences, and life history - can ease distress, boost comfort and dignity, and improve mood and behavior. It can also help reduce unnecessary hospital visits and enhance quality of life.

1. **Maintain a safe, familiar, and comforting environment.**
2. **Engage individuals in meaningful activities** tailored to their interests, history, and current abilities.
3. **Honor personal routines and preferences**, including waking up and going to bed, grooming and bathing, cultural and spiritual practices.
4. **Communicate clearly and calmly**, using visual cues, gentle tones, and simple language.
5. **Promote independence** by encouraging the person to do as much as they can for themselves—even if it takes more time.
6. **Ensure consistency in caregiving staff** to reduce anxiety and build trust.
7. **Include the individual and their family** in care decisions, respecting their voice and choices.

# 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](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://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.**

