



## 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.