

12 top tips in working with people with dementia

Get to know the person

- What do they like
- Know their story

Help them understand

- Help them see
- Help them hear

Don't argue

- Show respect
- Try to understand

Smile!

The person with dementia will notice

- How you look
- How you talk

Step back

When the person is cranky

- Leave them and come back later
- Work out why they are cranky

Help them do things

- Make it easy
- Do it with them

Slow down

- Do one thing at a time
- Stop and listen

Divert attention

- Yarn with them
- Do activities

Think Safety

- Your safety
- Their safety

Introduce yourself

- Tell the person who you are
- Tell them what you are doing

Keep it quiet

- Take to quiet place
- Reduce humbug

Talk with others

- Talk together about what has happened
- Swap good ideas



NT Dementia Behaviour
Management Advisory Service

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Above: Actor demonstrating activities available for people with dementia