



12 top tips in caring for a person with dementia

1 Remember the person

- Their likes and dislikes
- Provide photos, pictures and mementos to help remember
- Talk about special occasions

2 Smile!

The person will notice

- Your emotional state
- Your body language
- Tone of voice

3 Slow down

- Provide care in a relaxed manner
- It's ok for the person to do things for themselves
- Keep it simple

4 Help with orientation

- If they forget, remind them who you are
- Remind of daily routine
- Use cues – words, signs, pictures

5 Communicate clearly

- One point at a time
- Make sure glasses and hearing aides are clean and working
- Take time to understand

6 Step back

When the person is angry

- Keep yourself safe – have a safety plan
- Work out why the behaviour happened
- Try again later

7 Keep it quiet

- Stop and listen
- Reduce conflicting noises – TV, radio, children
- Avoid overstimulation – crowds, shopping centres

8 Don't argue

- Go with the flow
- Acknowledge and respect what the person is saying and doing
- Telling them they are wrong may have a negative effect

9 Engage and encourage

- Get the person started with a meaningful activity
- Set activities up to succeed
- Thank them for assisting you and themselves

10 Distract

- Talk/yarn about their life
- Give them something to do
- Provide a relaxed environment

11 Talk with others

- Develop support network
- Talk about what has worked and what hasn't
- Record what you did – journal or diary

12 Be aware of sudden changes

- Look for a reason – pain, dehydration, infection, constipation
- See GP

