

Do's



Don'ts



Smile

Be calm and patient

Speak slowly and clearly

Make eye contact with the person when you are talking to them

Use short and simple sentences

Focus on one idea at a time

Give the person lots of time for what you have said to be understood

Give the person lots of time for a response

Be kind, even when they ask the same questions

Listen to the person tell you the same story over and over

Give hugs and hold hands

Talk very fast

Tell the person with dementia what they can't do

Ask a lot of questions that rely on good memory

Turn the radio and TV on

Get upset and angry when they ask the same question over and over

Talk about the person with dementia in front of them as if they are not there

Order the person with dementia around

If you know you are right about something, argue with the person with dementia