

MAPLEWOOD

Senior Living



DEMENTIA & COMMUNICATION

When someone has dementia, changes in their brain make it difficult to communicate. In later stages they may have difficulty speaking and replace words in a sentence that don't fit. However, the one thing that doesn't change is emotion and expression. They still have something to say. We need to step into their world and learn to communicate in new ways. Here are some tips:

BE PATIENT

A person with dementia is not forgetting on purpose or trying to frustrate you. Please be patient with them and remember it is not their fault.

REDIRECT

Forgetting important information can be very scary or frustrating for someone with dementia. Redirection can be a tool that will relieve stress and open the door to new opportunities. The possibilities are endless but you might start by trying the following:

- Invite them to participate in a new activity
- Ask questions related to a positive subject
- Enjoy some upbeat music

STEP INTO THEIR WORLD

A person with dementia may not be able to tell dreams from reality or the past from the present. They may even experience hallucinations. It is important that we step into their world and don't expect them to come back to ours. Find ways to go along with their story and ease their concerns.

FIBLETS

Stepping into their world can be aided by the use of fiblets. Most of us were taught to tell the truth, and in most

circumstances in life, this a good policy. However, when speaking to people with dementia there are times when the truth can be detrimental. For example, they may not recall that a loved one has passed. Reminding them regularly may cause them unnecessary distress.

LIMIT INFORMATION

Someone with dementia may fixate and become stressed about an upcoming event, such as an upcoming visit from a family member or an appointment. It is often best to share these event details at the last minute to avoid allowing fears or frustrations to set in.

LEARN THEIR "LANGUAGE"

While there are many similarities among people with a dementia diagnosis, it is important to understand that each person may have a slightly different way of communicating. It is important to learn their "language" and how they are trying to communicate their needs and emotions. Even if a resident is non-verbal they still communicate through body language and expression.

SEEK HELP

There are many wonderful resources and organizations that provide education for caregivers and families living with dementia.

If you would like more information, please contact a **Maplewood Senior Living community**. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)



Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

New Jersey: Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg