

HOW TO COMMUNICATE WITH PEOPLE WHO HAVE DEMENTIA

Those close to someone with Alzheimer's or another form of dementia may be at a loss as to how to communicate with them. With these tips, you can more effectively communicate with your loved one through each stage of dementia.



EARLY STAGE

In early stages of Alzheimer's and other forms of dementia, difficulties with word recall and becoming overwhelmed by excessive stimulation may begin.



TIPS FOR COMMUNICATING

BE ATTENTIVE

Show you're actively listening by using eye contact and friendly facial expressions.

BE PROACTIVE

Discuss which methods of communication are most comfortable to your loved one.



MIDDLE STAGE

This is the longest stage of Alzheimer's and other dementias. As the condition progresses, communicating can get more challenging.



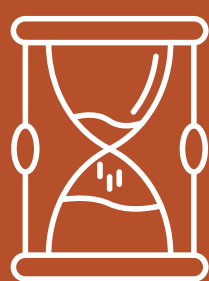
TIPS FOR COMMUNICATING

PRIORITIZE CLARITY

Speak clearly and try to keep your hands away from your face when having a conversation.

REPHRASE

Rather than repeating yourself, rephrase what you're trying to communicate, using different words or gestures.



LATE STAGE

In this stage of Alzheimer's or another form of dementia, an individual may fully rely on nonverbal communication, such as facial expressions, touch, and vocal sounds.



TIPS FOR COMMUNICATING

OFFER CHOICES

If your loved one begins to resist a basic daily task, consider providing options to inspire a sense of independence.

AVOID ARGUING

Rather than escalating a difficult situation, you might redirect the course of the conversation.



PHRASES TO AVOID

"REMEMBER WHEN?"

"I'VE JUST TOLD YOU THAT."

"WHAT DID YOU DO THIS MORNING?"

TURN TO DEMENTIA EXPERTS

Interested in more tips for dealing with dementia? Call Maplewood Senior Living today at **475-259-3252** or visit us at **MaplewoodSeniorLiving.com**.

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