

10 Tips to Communicate Well with a Person Living with Dementia

1
Approach the person from the front.
If they are seated, go down to that level.



2
Identify yourself.
Tell them your name and offer to help.



3
Maintain eye contact.
It will help them focus on what you're saying.



4
Address the person by name.
Speak slowly and clearly.



5
Present one idea at a time.
It will help them understand.



6
Repeat or rephrase the person's responses.
This can help clarify what they are trying to tell you.



7
Ask "yes" or "no" questions.
Allow time for a response.

Yes
No

8
Use gestures.
They can help back up your words.



9
Listen actively.
Acknowledge their emotional state.



10
Let the person know if you are going to touch them.
It will help them understand.

