

Joy



Creating Dementia Friendly Communities

alzheimer's **wa**
the **dementia care** experts

5

Simple Tips

to better connect with a
person living with dementia

Talk to me

Please talk to me, not just my carer, family member or friend. Don't prejudge my level of understanding.

Keep questions simple

Providing information in smaller chunks will really help me. Verbal and written information is helpful.

Body language

Make eye contact, speak clearly and pace the information, with one idea at a time. Please avoid using jargon.

Be patient and understanding

Sometimes it takes a little longer for me to process information and find the right answer. Don't rush me, allow me time to speak. Don't make me feel bad for repeating myself.

Distractions cause disruptions

Less noise and fewer distractions will help me to focus. Poor lighting can be just as disabling.

Please treat me with dignity and respect

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Meaning



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