

# Communicating information to the person with dementia



### Dementia can often make communication difficult

- This can have an impact on your relationship with the person you care for. It can even make them or you frustrated, sad or angry.



### Share simple facts

- Ask or tell the person with dementia one thing at a time. Use short sentences and simple words that the person with dementia can understand. Repeat information calmly, as often as necessary.
- When needed, change from open questions to closed questions that can be answered by YES or NO.
- Make sure that there are no distracting background noises such as a television or radio.



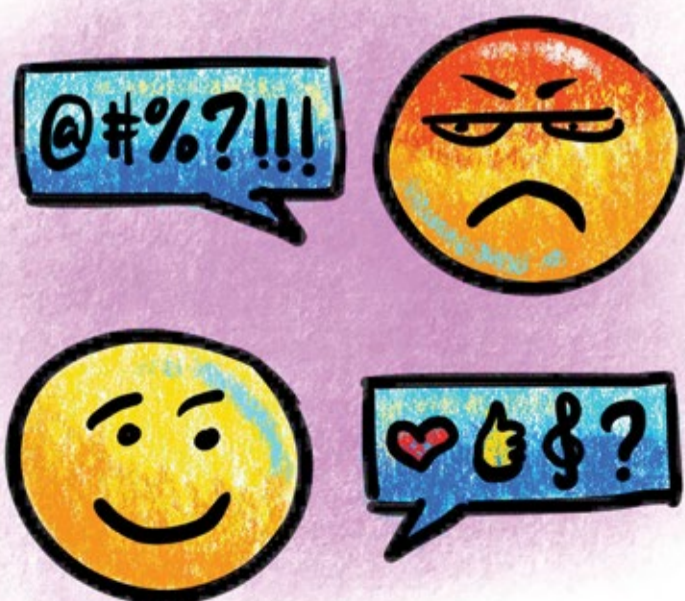
### Get attention in a respectful way

- Capture the attention of the person you care for by speaking clearly, slowly and at a volume that is comfortable for them. Remember to speak face-to-face and at eye level.
- You may also try lightly tapping a hand, arm or front of the shoulder, or calling the person by their name or a nickname that they recognize.



### Try to stay in control of your feelings

- At some point, you may not understand what the person you care for is trying to say. It is important that you take the person seriously – they are trying to tell you something.
- Be patient and give them time to find their words. Pay attention to their reactions, including facial expressions and body language.
- Show compassion about the feelings that the person expresses. Remember that saying something positive or complimenting the person can make them feel good.



### For more information

iSupport Module 2 "Being a caregiver"  
Lesson 1 "The journey together"  
Lesson 2 "Improving communication"

You may also wish to contact your local Alzheimer's Association for information related to caring for someone with dementia.