



# Walk in the World

of your loved one with Dementia

## Communication Techniques

- **Simplify:**  
Use short sentences, clear words, and avoid pronouns or abbreviations; speak slowly and distinctly in a lower, calm tone.
- **Ask Simple Questions:**  
Offer choices (e.g., "Tea or coffee?") rather than open-ended questions (e.g., "What do you want to drink?").
- **Use Non-Verbal Cues:**  
Smile, make eye contact (at their eye level), use reassuring gestures, and offer gentle touch (like holding hands).
- **Validate Feelings:**  
Respond to their emotions (e.g., "I'm sorry you're upset") rather than confronting their potentially inaccurate reality (e.g., "That's not true").
- **Be Patient & Repeat:**  
Give them plenty of time to process and respond; repeat the exact same words, if needed, or rephrase after a few minutes.
- **Avoid "Elderspeak":**  
Don't talk down to them or use a high-pitched voice; treat them with dignity.

## What to Avoid (The "Don'ts")

- **Don't Argue:** It increases agitation.
- **Don't Test Memory:** Avoid asking them to recall recent events.
- **Don't Confront:** Don't insist they are wrong or try to reason with delusions.

## Building Connection

- **Go with the Flow:** Redirect or distract them to a new topic or activity if they become agitated.
- **Use Music & Humor:** Music from their younger days and gentle humor can be very effective.
- **Focus on Their Past:** Talk about shared memories, allowing them to recall what they can without pressure.

**By being patient, empathetic, and adapting your communication, you can maintain connection and respect their dignity, making interactions more positive.**