Regular visits are important

HOW TO TALK TO PEOPLE LIVING WITH DEMENTIA

Communicating with someone who has dementia can be difficult.

Here are some helpful tips to remember when visiting someone with dementia:

- Always speak in a calm and gentle manner
- Be aware of your body language and tone of voice
- Keep your sentences short and simple
- Allow plenty of time for what you’ve said to be understood
- Minimise competing sights and sounds (e.g., TV or radio)
- Try not to argue, be condescending or correcting
- Be positive through all instances and avoid telling the person what they can’t do
- Always respect their dignity and self-esteem
- Love them, unconditionally

THESE SIMPLE TIPS WILL HELP YOU COMMUNICATE EFFECTIVELY WITH SOMEONE LIVING WITH DEMENTIA.

For more information, visit fightdementia.org.au
IT IS IMPORTANT THAT CARERS ARE SUPPORTED

The physical and emotional demands of caring for someone with dementia can be high. Caring can become socially isolating and carers can quickly burn out.

There are some simple and effective ways carers can be supported, encouraged and refreshed. These include:

• Joining a local support group, where comfort and assistance is provided
• Keeping to a routine, and being realistic about what is achievable each day
• Learning as much about dementia as possible
• Talking – sharing the ups and downs with friends, family and others in a similar situation
• Looking after yourself through diet, exercise and by maintaining hobbies and social engagements
• Asking for help, taking a break, and not feeling guilty for doing so

REMEMBER, SOMETIMES CARERS NEED ENCOURAGEMENT TO TAKE TIME FOR THEMSELVES.

For more information on caring for someone with dementia, visit myagedcare.gov.au