



Top 8 Tips for Communicating with a Loved One who has Dementia

Communication can be difficult with someone who has dementia, but it is so important for you and your loved one's well-being. Try these tips to help promote more enjoyable and relaxed interaction.

- 1 Use simple communication.
- 2 Never use the phrase, "Don't you remember?" Instead you can say, "I remember when."
- 3 Think of some positive memories to share with your loved one.
- 4 Use phrases such as "I'm sorry" and "thank you" often.
- 5 In cases of upset, focus on bringing your loved one back into comfort with positive conversation, food and/or music.
- 6 Validate any concern expressed, whether real or imaginary.
- 7 Be calm even if they are upset.
- 8 Give your loved one plenty of time to respond.

Keep in mind that your loved one can't change, but you can change your approach with them. They are living with challenges, but still benefit from your love and affection.

If you would like to learn more about Rhythms Dementia Services and how we can provide dementia education for your team members or consult on program development, please call **720.684.4600**.

As fulfilling as it can be caring for a loved one, it can also be emotionally depleting.

Prioritize time to relax and be rejuvenated.



Christian Living Communities' innovative Rhythms approach centers on each person's natural rhythm of life and adapting to that. We strive to educate everyone who is living with dementia—including families and communities—so that they feel supported and can provide support to others on the dementia journey.

OUR PRINCIPLES and BELIEFS

- Dementia is a change in the way a person experiences the world around him/her. Our job is to create environments where each person can navigate the world successfully and create worlds where life is worth living.
- Disease shouldn't define a human being. We know each person as a unique individual and use this relationship to create an environment of growth and happiness.
- We learn each person's natural rhythm of life and adapt to that.
- We focus on the strengths of each individual rather than on their deficits.
- Dementia is more than memory loss. We understand that because the brain controls the entire body, there are significant changes that occur with the way the body and brain function and the way in which the brain takes in information.
- The majority of distress that is experienced by people living with dementia is not due to the physical disease but due to the environment and how people interact with them.
- "Behaviors" and "sundowning" are a communication of unmet needs - a person's attempt to tell us that something is not right in his or her world. It's our job to figure out what they are trying to tell us.
- We use a variety of tools and techniques (validation, music, arts, etc.) to meet each person's individual needs. We adapt our approach as needed.
- Family and friends are an integral part of the care partner team.
- Family members, as well as the person who has the disease, are "living with dementia." We educate and support them on this journey.

To learn more call **970.439.1011**

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