

## 5 Tips for Effectively Communicating with a Person with Dementia

1. **Keep it short.** Since someone with dementia has a very short attention span he/she may find it difficult to follow long conversations.
2. **Be patient.** Getting frustrated with the person will only cause anxiety and will not help him/her communicate any better.
3. **Offer conversational crutches.** It is acceptable to supply the right word if the person seems to be having trouble as long as you are not patronizing about it.
4. **Be gentle.** Eye contact and touch are very good methods to let the person know that his/her thoughts are being heard.
5. **Never contradict or argue.** Arguing can cause an angry outburst or further isolation. Try to be sensitive to the limited understanding and comprehension of the person with dementia.

Most importantly remember that, simple expressions of caring can communicate love and appreciation. A smile or hug speaks volumes to a person with dementia.

If you are a family caregiver who needs a break consider Homecare. Homecare can provide respite from 2-24 hours a day so you, the family caregiver, can have some time to take care of some of your other needs.

For more information about homecare please contact:

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