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Top Tips for Helping People with Dementia

South 
Gloucestershire
Dementia Action Alliance
A friendlier community for all

- ◆ Encourage people to do reading, writing and mathematics, as this can help improve communication and independence
- ◆ Approach people from the front ~ don't tap them on the back
- ◆ Talk to people about their hobbies, or subjects that meant a great deal in their earlier life
- ◆ Make sure your contact leaves positive feelings ~ this is far more important than time spent with them.
- ◆ Limit choices ~ one instruction at a time.



- ◆ **If someone becomes agitated**
 - There is always a reason for any aggression or challenging behaviours ~ try to understand. See things from their perspective.
 - Calm and simplify their environment.
 - Don't ask questions, or overwhelm with words.
 - Reassure, make a cup of tea.
 - Engage them in a familiar activity.
 - Try a hand massage, or a family pet, or gentle touch.
- ◆ Be kind to anyone in a caring role ~ they need support and regular breaks.