

# Helpful hints for communicating with a person with dementia

A person with dementia can be very aware of our responses.

Respect equality & diversity.

Be aware of sensory impairment.

Use of humour can be helpful.

Ask whether the way we react to the person makes their experiences more difficult. Know & see the person.

Call the person by name

Identify yourself

Be aware of body language.

Understand that the environment can be enabling or disabling.

Eliminate distracting noises.

Give simple choices

Give one instruction at a time.

Speak slowly

Use familiar words

Allow enough time for the person to respond.

Use short, simple sentences.

Use a calm & gentle voice.

Listen & be attentive.

Be clear but not patronising.



Remember that you are speaking to an adult, even when using simplified language.

Know the person's interests.