



A SMILE MAKES ALL THE DIFFERENCE

MEMORY CARE TIPS FOR CAREGIVERS

Loving someone with Alzheimer's disease or dementia is hard ... being a caregiver - while managing your own life - is even harder.

We know how difficult this journey is for caregivers and their families. There is much to consider and a lot to learn about memory care. We can help guide you on this journey and be an ongoing partner and resource should you take that next step for your loved one. We are here to help in any way that we can.

A SIMPLE SMILE

When working with those that have memory care issues or dementia, a genuine smile can reduce the chance of challenging behaviors since the person may feel reassured by your nonverbal communication. Your warm smile and eye contact convey that you are glad to be with them and are two of the most important factors in communicating with anyone.

TALK TO THEM AT THEIR LEVEL

Rather than standing up straight and looking down at someone who may be seated, bend down to be at the same level as they are. This might make you less comfortable physically, but it will facilitate a more comfortable and respectful conversation.

HERE FOR YOU

If you need additional tips or assistance with a loved one, please reach out to us for information and support. In the meantime, read on for more tips on how to more effectively care for your loved one at home.

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MEMORY CARE CAREGIVING TIPS

COMMUNICATION

- Make eye contact
- Be at their level
- Tell them what you will do before you do it
- Speak slowly
- Speak in short sentences
- Ask one question at a time
- Don't ask them if they "remember"
- Turn negatives into positives
- Validate their feelings
- Talk about "old times" more than recent events
- Answer and respond as if it's the first time
- Change direction or activity if they become agitated
- Don't correct or argue
- Use their name frequently
- Avoid upsetting topics
- Keep it quiet
- Provide options for answering (multiple choice)
- Eliminate distractions



ACTIVITY & INTERACTION

- Find an activity to do together - try an art or baking project
- Encourage frequent visits from family and friends - keep them short
- Go outside! Being outdoors drives positive outcomes
- Create a garden
- Allow them to live in the moment
- Join them on their journey
- Use therapeutic touch to decrease stress and anxiety, and to improve quality of life and emotional, physical, and spiritual well-being

ENVIRONMENT

- Use daylight as much as possible (natural light)
- Create contrast with color
- Keep windows open during the day
- Tape down rugs
- Use minimal patterns
- Label things
- Place memory-triggering items around the house
- If possible, position bed to see a toilet at night
- Remove locks from internal doors
- Alarm doors leading to the outside
- Eliminate shine on floors as much as possible
- Install non-slip mats and grab bars
- Paint doors different colors