

Top 5 Dementia Care Do's and Don'ts

Dementia Care Do's	Dementia Care Don'ts
<p>DO make sure the person has daily stimulation activities your loved one. Use all their senses – taste, touch, smell, hearing, sight.</p> <p>TV and crossword puzzles don't count.</p> <p>Examples: Flowers, dog parks, concerts/live music, spices, textured fabric</p>	<p>Don't put them in a noisy, overwhelming environment.</p> <p>For celebrations and outings, have a companion for the person so that if they get overwhelmed, the companion can take them to a quiet space.</p>
<p>DO stay with them in busy, crowded areas. This applies even to places they are familiar with.</p>	<p>Don't drop them off while you park the car. Avoid giving instructions such as "Meet me front of the restaurant."</p>
<p>DO inspect the car for damage and go with them periodically while they drive</p>	<p>Don't take away the keys. Take away the car.</p>
<p>DO give them time to process and respond to conversation. It may take 10-20 seconds for them to respond.</p>	<p>Don't assume they're incapable. Give them the chance to try and even to fail. Then acknowledge you struggle sometimes, too. Normalize the challenges as much as possible.</p>
<p>DO find creative ways for them to feel normal.</p> <p>Examples: Let them have their car keys, wallet, purse, favorite clothes</p>	<p>Don't give them anything that they have to be responsible for. This includes a cell phone, checkbook, and credit or debit cards.</p> <p>Phones are dangerous because even fully cognitive people get scammed. Those 60 years and up are being targeted heavily.</p>

Have questions? Email Pam Ostrowski at Pam@ItsNotThatSimple.com.