



Happier Holidays Tips

with your loved one with dementia

TONE

Speak in a calm and normal volume voice; limit background noise.

LIGHTING

Brighter light helps vision.

EYE LEVEL

Put yourself at eye level with the person.

SHOW

Act out or point to what you're saying in case they're confused or can't hear well.

SHORT

Use short, simple sentences. Provide no more than 2 options at a time.

SLOW

Speak slowly and give them time to process.

ASK

Ask "Is there something I can do?"

ASSIST

Provide the help they ask for or offer if you see them struggling.

CLEAR

Clear the path of rugs, chairs, and other mobility obstacles.



Courtesy of Alzheimer's Family Consulting

Get more details at: AlzheimersFamilyConsulting.com

