



Want more details? Email Paige Fairbanks-Gunn at pfg@koelschsenior.com
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DO's for Dementia Caregivers

1. Do create a routine.

Structure brings comfort. Try to keep meals, activities, and sleep times consistent to reduce confusion.

2. Do communicate clearly and calmly.

Use simple words, speak slowly, and maintain eye contact. Be patient—give them time to process and respond.

3. Do validate feelings.

Instead of correcting or arguing, acknowledge their emotions. Say things like, “I see you’re upset,” or “That must be frustrating.”

4. Do keep the environment safe.

Remove trip hazards, install grab bars, and label important areas (bathroom, kitchen). Simplicity and safety go hand in hand.

5. Do focus on their strengths.

Encourage activities they still enjoy and can succeed in. This promotes dignity and self-worth.



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DON'Ts for Dementia Caregivers

1. AVOID arguing or try to reason.

Logic won't always work. It can lead to frustration for both of you.

2. AVOID saying "Do you remember?"

It can cause anxiety or embarrassment. Try, "I remember when..." instead.

3. AVOID taking things personally.

Aggressive or hurtful behavior is often a symptom of the disease, not a reflection of how they feel about you.

4. AVOID overloading them with information or ask for their opinion on complex decisions.

Too many questions or instructions at once can overwhelm them and confuse them.

5. AVOID ignoring changes.

Monitor their behavior, health, and routines. New symptoms might signal other issues (like infections or medication side effects).