11 tips to communicate better with people with dementia

1. Make sure you are both at the same eye level when you talk.

2. Be friendly and face each other.

3. Use simple, short sentences.

4. Speak slowly and clearly.

5. Emphasise what you say with gestures and facial expressions.

6. Pay attention to the feelings that are involved.

7. Allow time to answer.

8. Listen carefully and pay attention to body language.

9. Only say or ask one thing at a time.

10. Do not ask “why, which, when and where” questions.

11. Show appreciation for what has been achieved and do not point out mistakes.

Deutsche Alzheimer Gesellschaft e.V. Selbsthilfe Demenz
www.deutsche-alzheimer.de