

Tips when communicating with Persons with Dementia

<p>Use different senses to communicate</p>	<ul style="list-style-type: none"> • Choose a quiet room with sufficient natural light • Limit distractions and noise by turning off the radio or TV • Play soothing and relaxing music softly • Fill the room with scents from essential oil e.g. lavender • Touch the person gently to maintain attention if he/she is easily distracted
<p>Simplify what you say</p>	<ul style="list-style-type: none"> • Use simple words and short sentences • Ask one question at a time • Questions which have 'yes' or 'no' answers work best • Avoid lengthy conversations that require complex thinking • Break down tasks with clear, step-by-step instructions
<p>Be patient</p>	<ul style="list-style-type: none"> • Speak slowly and clearly • Take time to listen to the person's feeling, thinking, or his/her needs • Give the person time to respond. Do not interrupt to finish the sentence unless he/she asks for help to complete it • Use positive and good-natured humour to lighten the mood
<p>Be supportive</p>	<ul style="list-style-type: none"> • Encourage the person to do what he/she can do. <ul style="list-style-type: none"> ➢ Gently remind them of the steps they tend to forget ➢ Help them with the steps they are no longer able to do on their own • Try changing the subject or environment if they become upset or agitated • Offer comfort and reassurance to encourage them to open their thoughts to you.
<p>Treat the person with dignity and respect</p>	<ul style="list-style-type: none"> • Speak to the person in a pleasant and respectful manner • Avoid talking down or facing away as if the person is not there • Keep eye contact as much as possible and acknowledge your understanding of their expression and words • Do not exclude the person from conversations with others

For more information, please visit Dementia Hub website:

<https://www.dementiahub.sg/livingwell-with-dementia/tips-for-communicating-with-persons-living-with-dementia/>

