

DEMENTIA CARE Education Bites

vol. 2 VISITING AND COMMUNICATION

Point your phone's camera at the QR codes, or click on them, for 5 video tips that can help you to understand dementia and how to care for someone with dementia.



<3 -minute video



01



WHY VISIT?

People with dementia live in the here and now, and may not remember that you visited, but they will retain the way that the visit makes them feel. Time well spent is quality of life. It's better to have short positive visits than long visits that are full of frustration and bad feelings.



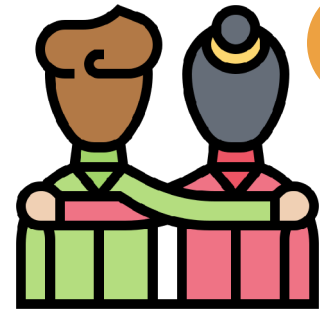
<1-minute video



<1-minute video

CONNECT, DON'T CORRECT

Making sure that time together is quality time means focusing on connection. Sometimes a person with dementia will do things an unusual way, or tell stories that aren't quite right. Remember, most of the time, it doesn't matter how things are done or if the details are right.



02

03



BODY LANGUAGE

We learn to read body language and tone of voice right from birth, and these skills do not go away, even if words are not understood. We can use our tone, facial expressions and gestures to make people feel cared for and important. These can also convey impatience and disrespect, so we must be very careful.



<1-minute video



<1-minute video

04

GO WITH THE FLOW

Sometimes we have to get into the world of the person with dementia rather than trying to pull them back into our world. This may mean listening to their (not quite correct) stories, in order to meet their need for connection. It also means that sometimes reminding them of what's "real" is not the kindest response.

