

10 Tips for Dementia Caregivers


The Seasons
ASSISTED LIVING



10 Tips for Dementia Caregivers

- 1. Stick with Daily Routines**
Routines make days predictable and less confusing
- 2. Diminish Distractions**
Banish background noises; play calming music
- 3. Keep Things Simple**
Use short specific statements
- 4. Involve Person in Simple Tasks**
Set your loved one up to be failure free
- 5. Never Shame, Instead Distract**
Use redirection and “therafibs”
- 6. Be Patient and Flexible**
Allow extra time and reduce distraction
- 7. Avoid Arguments**
Speak with guests beforehand to be on the same page
- 8. Focus on Individualized Care**
Remember the person; not the disease
- 9. Avoid Asking “Do You Remember?”**
Instead reminisce of happy times
- 10. Create a Moment for Yourself**
Caregiving can be overwhelming, take care of yourself


The Seasons
ASSISTED LIVING

Grandview Gardens

Memory Care Neighborhood
5 Saint Elizabeth Way
East Greenwich, RI 02818
401.884.9099