

Dementia Care

✓ Dos

✗ Don'ts

Keep cool when you experience aggressive behavior. People with dementia may exhibit hostile actions or speech when they are feeling confused, powerless, or scared. Using what you know about a person to try to explain the emotions that make them act in such a way. Try to de-escalate the situation by changing the conversation.

Aggressive Behavior

Don't argue or be contradictory. Don't correct everything that a dementia patient says to you because the details aren't as important as what they are thinking or emotion they're trying to express. Don't forget that this aggressive behavior is not malicious or intentional, but is just a symptom of dementia.

Simplify. Speak in simple sentences and give simple instructions. Speak clearly and at a volume your loved one can hear. Remember that the easier speech is to understand, the easier it is to follow. Speak to your loved one as if he or she understands and always give them the benefit of the doubt.

Communicate

- **Don't** ask too many questions. Keep it to minimal choices: "Would you like coffee or juice?"



Establish a routine. Dementia can make change challenging. The more routines and patterns you build in everyday life, the more you both know what to expect, and the easier your days can be. It is helpful to have meals at the same time and establish familiar morning and bedtime routines. Routines provide stability for your loved one.

Routines

Disruptions in daily routines can elevate your loved one's anxiety and make it harder for them to get back to a normal schedule once the disturbance is over.

Schedules will change, depending on doctor's appointments, unexpected illnesses, an elder's changing mood, and the progression of their disease..

Do remember to always treat someone with dementia with respect. Many patients have a fragile sense of self-worth, so it's even more important to treat them with courtesy. Use their name when speaking to and about them, include them in conversations, don't talk over their heads, and respect their privacy.

Respect



Don't talk like they aren't in the room, scold or criticize, invade their privacy, or brush their feelings aside.

Take care of yourself. You can experience a physical and mental toll on your body when you are providing care for someone with dementia. Family caregivers can experience sleep deprivation, poor eating or exercise habits. Remember to take care of yourself and your needs!

Stress

Don't let your stress get out of control! There is no doubt that it is incredibly difficult to care for a loved one with an illness like dementia, but if you notice that you are having serious signs of stress on a regular basis, please talk to the doctor asap.

Keep the faith! Even though there is no cure for certain types of dementia, there are medications and treatments available to improve symptoms. Non-drug therapy and medications are both successful when dealing with dementia.

Hope

Don't lose hope. Increased funding for research and clinical trials can contribute to innovative new therapies and treatments.

Do rely on friends, family members, and Thrive USA Homecare for respite care. Check out [our Respite Care services](#) to understand how Thrive USA can be used to schedule much-needed breaks.

Respite Care

Don't shoulder the burden alone. It's important to take time for yourself to rest and recharge.