

Fundamentals for a great visit

Be in the moment



This matters more than **what you're doing together** or **how it turns out**. Try to be open to adventures.

Give it a minute

They may need time to process and respond. And will appreciate your efforts.



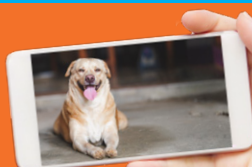
Timing matters

Are they **really** a morning person? **Are you?** Try visiting when you're both up for it.



Show pictures

Visuals can help with memories and making decisions. **"Let's go visit Sam. She's the lady with the big brown dog."**



Hearing is often unaffected

People with dementia hear and understand more than you may think. Speak **to them** versus **about them**.



Let's be real

No one loves being corrected (whether they have dementia or not). It's a human thing. **Listen for an underlying message and be supportive.**

Contact [Alzheimer Calgary](#) for more suggestions.



ALZHEIMER
CALGARY

it's still **me** in here



Creating a Dementia-Inclusive Community

Igniting Neighbours
FOR KIND COMMUNITIES

Canada