

# Body language tips for a great visit

Did you know? Most human communication doesn't happen through words.

## Smile and wave



Warm, welcoming body language can communicate so much more than your words. Arms crossed, or hands on your hips? **Relax those arms.**

## Make eye contact



**You see them.** Let them know that.

## Chill for a minute



Give the person time to process what you're saying and respond. It might take a little longer, and that's perfectly OK. **They will appreciate your efforts.**

## Listen closely



**Prompt for more.** Small things like leaning forward, nodding and acknowledging can keep the conversation going.

## Meet them where they're at



If they're sitting down, try matching that level. Speak in a calm and reassuring way. **It helps the person relax.**

## Minimize distractions



Bright lights and background noise can make conversation more challenging sometimes.

Contact Alzheimer Calgary for more suggestions.

**ALZHEIMER**  
**CALGARY**

it's still **me** in here



Creating a Dementia-Inclusive Community

*Igniting Neighbours*  
FOR KIND COMMUNITIES

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