

Practical suggestions for a great visit

Offer choices



Would you rather **have hot chocolate**, or **go for a walk**?

Ask yes or no questions

More complex Q: "How was your day?"
Better Q: "Did you get outside today?"



Break things down into small steps



Your brain takes 40 steps to put peanut butter on bread. If you're making lunch... **"Let's start with a sandwich. First, we need bread."**



Try again



If they're struggling to answer you, **ask again** in a different way.

Hearing is often unaffected

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



If the person is repeating themselves

Try changing the topic or doing something else to refocus them. **"Let's go check the mail together."**

Contact [Alzheimer Calgary](#) if you need help refocusing the person.



ALZHEIMER
CALGARY

it's still **me** in here



Creating a Dementia-Inclusive Community

Igniting Neighbours
FOR KIND COMMUNITIES

Canada