

THINGS WE NEED TO REMEMBER

COMMUNICATION

REMEMBER:
A brain with dementia works differently

Listen Out:
Make an effort to hear what is really being communicated

Face-to-face is always best

Slow down!

THE VALUE OF SKILLED TOUCH

1

1 minute gentle shoulder rub before ADLs reduces resistance

2

2 minute back rub encourages sleep

3

3 minute hand massage eases anxiety behaviors

If YOU feel stressed, offer 3 minutes of touch to the person in need. You'll feel better!



UNDERSTANDING GENERATIONS

REMEMBER:
Your residents don't text, they are in-person communicators

Wisdom DOES come with age: Take time to be thoughtful and respectful



Ask questions that will invoke long-ago memories (growing up, first love, nicknames, schooling, hobbies, children, grandparenting)



Avoid sensitive topics such as politics, religion and sex



Bridge your age gap by learning something new every day about someone NOT your age