

## Supporting Someone with a Dementia

### TOP 10 TIPS

1. Talk to carers and the people who know the person well. Ask about difficulties and how you can help.
2. Make sure the environment is quiet with minimal distractions.
3. Speak slowly and use simple words and sentences.
4. Give time to process and respond.
5. Support verbal communication with gestures and facial expressions.
6. Write down key information.
7. Recap and repeat information.
8. Provide visual supports tools and give important information in written formats.
9. Do not ask too many questions; offer choices or yes/no options.
10. Consider capacity and support the individual to make decisions.