

Communication Strategies

- **Principles for Communication with a person with Dementia:**
 - Understand what is and is not possible to change by learning all you can about the disease. Knowing and accepting the cognitive limitations of the person will help you set realistic expectations.
 - Understand that our thoughts, attitudes and actions significantly impact the behavior of the person with dementia.
 - Recognize that behavior, even in a confused person, more than likely results from a cause. Something triggers the behavior.
 - Learn that to enhance communication with a person with dementia requires a commitment to remain connected regardless of the content of the conversation.
 - Understand that changing behavior takes time, effort, and patience. Reward yourself often for working toward change.