

# Joy



Creating Dementia Friendly Communities

**alzheimer's**wa  
the dementia experts

# 5

## Simple Tips

to better connect with a person living with dementia

### **Talk to me**

Please talk to me, not just my carer, family member or friend. Don't prejudge my level of understanding.

### **Keep questions simple**

Providing information in smaller chunks will really help me. Verbal and written information is helpful.

### **Body language**

Make eye contact, speak clearly and pace the information, with one idea at a time. Please avoid using jargon.

### **Be patient and understanding**

Sometimes it takes a little longer for me to process information and find the right answer. Don't rush me, allow me time to speak. Don't make me feel bad for repeating myself.

### **Distractions cause disruptions**

Less noise and fewer distractions will help me to focus. Poor lighting can be just as disabling.

### **Please treat me with dignity and respect**

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# Meaning



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