

The following is from the Alzheimers Association web site.

How You and a Person with Dementia Can Understand Each Other Better

First, a few facts about Alzheimer's Disease:

"As many as 5.3 million people in the United States are living with Alzheimer's...
Every 70 seconds someone develops Alzheimer's."

Tips for better communication with people with Alzheimer's:

- * "Let the person know you are listening and trying to understand what is being said;"
- * "Keep good eye contact. Show the person that you care about what is being said;"
- * "Avoid criticizing, correcting and arguing;"
- * "If the person uses the wrong word or cannot find a word, try guessing the right one;"
- * "If you don't understand what is being said, ask the person to point or gesture;"
- * "Focus on the feelings, not the facts. Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words;"
- * "Always approach the person from the front. Tell the person who you are;"
- * "Call the person by name. It helps orient the person and gets his or her attention;"
- * "Use short, simple words and sentences. Talk slowly and clearly;"
- * "Ask one question at a time;"
- * "Patiently wait for a response. A person may need extra time to process your request;"
- * "Repeat information and questions. If the person doesn't respond, wait a moment. Then ask again."

If you have questions about communicating with a person with dementia, or for any other inquiries, call the Alzheimer's Association's 24 hour hotline at 800/272-3900.

For more information on Elder Song, an organization that provides creative activity materials for older adults, call 301/829-0533 or e-mail at info@eldersong.com



In New York, we all belong.

22nd Annual Conference on Visiting the Sick ■ Sunday, November 8, 2009 @ UJA-Federation of New York
The Rabbi Isaac N. Trainin Bikur Cholim Coordinating Council/JBFCs
Email: bikurcholimcc@jbfcs.org ■ Website: www.bikurcholimcc.org ■ 212.399.2685 ext. 212



