

Daily Living Tips | Cognitive

For Caregivers

Communication skills like talking, and learning and completing tasks can be challenging with cognitive impairment or dementia. Here are some tips to help.

Communication Skills

Politely ensure you have the person's attention before speaking to them.



Be prepared to repeat information more than once.



Record important meetings and conversations so they can be replayed.



Encourage the person to ask for help or to request directions.



Learning/Completing Tasks

Plan activities for when a person is well-rested. Activities like reading require concentration.



Focus on completing one task at a time.



Encourage learning by practice. Avoid long explanations.



Material that is relevant and interesting is more likely to be remembered.



Stick a Post-it to a desk or computer screen as a reminder to double-check work to avoid mistakes.



Give clues to help with learning. E.g., give the starting syllable when trying to remember a name.

