

Daily Living Tips | Social

For Caregivers

Social interaction is important to improve cognitive health and to slow the progression of dementia. But it can be challenging if someone has dementia. Here are some tips to help with communication and interaction skills.



✔ Be sensitive. Ask yourself whether a lost object or forgotten conversation really matters.

✔ Arrange regular social activities that are enjoyable to the person.

✔ Ensure social interaction is encouraging with plenty of smiles and attention from caregivers.

✔ Be supportive when misunderstandings occur. Social cues may be misinterpreted.

✔ Provide tactful prompts to avoid embarrassment, e.g. use people's names in conversations.

✔ Avoid telling the person they have heard the information before.

✔ Clarify misunderstandings, be supportive, and encourage them to talk about their feelings.

✔ Resist the urge to speak for them. Be patient.

✔ Greet a person with, "Hello, it's me __," if they have problems recognizing faces and remembering names.

✔ Plan visits when they are best for the person. Quiet and uncluttered areas may be ideal to avoid distractions.