



Dementia Pearls: Family Gatherings



Holiday Guide

APPROACH

- Approach from the front
- Move Slow & Smile
- Stand to the side when talking to them
- Squat down to eye level
- Call them by their first name
- Remind them who you are
- Prevent startling them

Tips for a smoother holiday from



COMMUNICATION

- Remember logic & reason are gone
- Ask simple yes or no questions
- Maintain eye contact
- Ask who, what, where, when, and how questions **but never WHY**
- Focus on the feelings behind the words they're trying to get out
- Maintain your sense of humor
- Don't interrupt or criticize

AGITATION PREVENTION

Keep celebrations simple, quiet, relaxed, short, and remember patience.

PLANNING

- Minimize visitor traffic
- Let family members know ahead of time of changes and how to interact
- Provide a quiet place for retreat if they need to escape the noise
- Keep routine as close to normal as possible

ATMOSPHERE

- Calm, quiet atmosphere
- Reduce distractions
- Keep active children time to a minimum
- Play soft favorite music

INTERACTIONS

- Reminisce with them
Job, Family, Town, Hobbies
- Look through photo albums
- Don't overstimulate
- Be mindful of vision & hearing
- Connect via technology if able

PHRASES TO USE

"Looks like," "Sounds like," "Seems like," "Feels like," "tell me more about"

