

12 Ways to create an **EMPOWERING** **DEMENTIA ENVIRONMENT**



Sherwood Prime Care
PROVIDING QUALITY CARE IN THE COMMUNITY

DEVELOP PURPOSEFUL ACTIVITIES

- Negative behaviours are often a result of boredom or frustration.

SPEAK FACE TO FACE

- Give eye contact, no more than three feet away.

CREATE A "KIND VOICE"

- Be clear and use few and common words. Wait for responses as processing is slowed.

CALM AND RELAXED

- Talk slower, lower and keep smiling.

AVOID INTERRUPTING

- Don't correct, argue against or interrupt.

FOCUS ON FEELINGS NOT FACTS

- Sometimes emotions being expressed are more important than what is being said.



DON'T TAKE PERSONALLY

- Don't let any negative comments upset you.

ORIENT TO GET ATTENTION

- Call the person by name and always approach from the front so there are no surprises.

AVOID QUIZZING

- Avoid asking, "Do you remember when.....?"

DO NOT OFFER MANY CHOICES

- Try not to offer more than two choices at a time.

SIMPLIFY EVERYTHING

- Make it possible to do things in small steps.

FIND THE TRIGGER WHICH CAUSES UPSET

- Certain triggers can cause negative behaviour which is often due to fear and confusion.