

STAYING CONNECTED

Family & friends

If someone you know has been diagnosed with dementia, they will need all the love, understanding and patience you can give. It's important to remain open-minded; you may need to adapt the way you communicate and interact with them. Relationships are vital to humanity and staying connected is key.

- ✿ *Connect in-person, by telephone, emails, letters, text messages or digitally (using Zoom, WhatsApp, FaceTime etc.)*
- ✿ *Help them stay connected and socially active to maintain their identity and self-worth*
- ✿ *Keep doing things together*
- ✿ *Encourage friends and family to call or visit*
- ✿ *Interactions will change over time. Stay flexible and do things to suit them*
- ✿ *Younger members of the family should continue to take part in their lives*
- ✿ *It may be less confusing or intimidating to have smaller gatherings*
- ✿ *Maintain touch; hold their hand, link arms, offer them a hug*
- ✿ *Think of things they are able to do, not what they used to do or can't do anymore*
- ✿ *Reminisce by talking about past events rather than asking "do you remember?"*
- ✿ *Activities are important in the moment even if they are forgotten soon after*
- ✿ *Use a senior's clock with a whiteboard reminding them who they need to call or see*
- ✿ *Keep questions simple and short, allow them time to respond*
- ✿ *Address the person directly, not the carer or person sitting next to them*
- ✿ *Use body language and hand gestures if hearing is impaired*
- ✿ *Remove surrounding noises/distractions*
- ✿ *Remember some of your shared interests may have been forgotten but your loved one remains the same person*

At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.



ST LUKE'S CARE

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