

Symptom Management & Care Tips

Care Techniques to Help the Person Living with Dementia

If you're caring for someone who has dementia, there are some things you can do to help support their strengths, assist with their overall health and wellness, and delay the onset of further symptoms.

Keep Their Mind Stimulated:

One of the best things you can do for a person living with dementia is to keep them mentally active.

- Continue to involve them in conversations.
- Include them in family dinners and events.
- Chat with them about their hobbies and interests.
- Take the time to find activities they enjoy (a game of cards, watching a television show, or going for a relaxing walk; focus on enjoyment, not achievement.)
- Reduce your expectations.
- Avoid the urge to correct any misplaced words or memory errors.
- Play their favorite music.
- Try a robotic pet to help reduce feelings of isolation and loneliness.



Simplify Their Daily Tasks:

Look for ways to reduce the demands on your loved one.

- Offer to manage their household finances.
- Set up a meal delivery service so they don't need to cook or shop for groceries.
- Hire a housekeeper to do daily chores.



Maintain Some Routine:

People with dementia tend to do best when they follow a predictable routine.

- Try to set a daily schedule and stick to it.
- Eat meals at the same time everyday.
- Perform daily physical activity such as walking, riding a stationary bike, or gardening.
- Minimize disruptions to their schedule.

