



## Communicating with a Person with Dementia

You can take action to support people with dementia by learning how to better communicate with them. Improving your communication skills can help you to interact, build relationships and include people with the disease in community activities.

**Here are some ways to help you approach and communicate with someone with dementia:**

1. Identify yourself, e.g., "My name is... I'm your neighbour from down the block."
2. Address the person by name; speak clearly and at a normal pace.
3. Talk about things of shared interest.
4. Back up your words with actions or gestures.
5. Maintain eye contact during the conversation.
6. Ask open-ended questions and allow time for the person to reply.
7. Rephrase their responses to check your understanding of what the person is telling you.
8. Suggest a word or idea if the person is searching.
9. Listen actively and acknowledge the person's feelings.
10. Enjoy the time you spend with the person.

For more information, contact Catherine Kaufmann, Project Coordinator, Dementia Friendly Communities, at 204-943-6622 (Winnipeg), 1-800-378-6699 (Manitoba) or [dementiafriendly@alzheimer.mb.ca](mailto:dementiafriendly@alzheimer.mb.ca).

*Together, we can help our communities and province become more dementia friendly.*

