

Basic Tips and Resources for Visiting

- Find out as much as possible about the person you are visiting before the visit.
- Never ask, “Do you know who I am?” Instead, introduce yourself with a smile.
- Never touch without permission.
- If something is not working ... STOP.
- NEVER argue, contradict, or correct. Pause. Gather yourself. Reconnect and try something different.
- Keep a smile. Be positive and affirming.
- Speak slowly, calmly, and with kindness. Speech processing and comprehension are impaired. Tone matters. What you say may not be remembered, but how you say it will be.
- Keep things calm. Too much activity can create anxiety for the person living with dementia. The same is true for having too many visitors at one time.
- Realize that it is okay to simply be present, in the moment with this person.
- Listen.

Resources:

- *Creating Moments of Joy* by Jolene Brackey.
- *Dementia Guide for Communities of Faith and Leaders* by Rev. Linn Possell
- *Communicating As Dementia Progresses* in this Tool Kit

Teepa Snow, renowned dementia educator and advocate teaches that we can, indeed, be the cause of unwanted behavior. She offers revolutionary ways of connecting with and loving persons who live with dementia. Some leaders opt to become certified in Teepa’s *Positive Approach to Care* methods. posapproach.com