

# Alzheimer's Communication

*Alzheimer's Disease is a type of dementia that causes gradual decline of memory, thinking, and behavior. It is NOT a normal part of aging.*



## Communication Challenges

People with Alzheimer's Disease may have a hard time **remembering words**, **hearing** or **understanding** what's being said, **interpreting gestures**, **articulating** themselves, or **comprehending** sentences.

## Basic Guidelines

When communicating with someone who has Alzheimer's, **avoid complex sentences**. Patience is key; always **allow extra time** for the person to respond to reduce stress or confusion.

## Supportive Talks

**Minimize distractions** and choose calm settings to help the individual focus on the conversation. If they become frustrated or agitated, **take a break** and **come back** to the conversation later.

## Supportive Actions

Create a supportive atmosphere with **affirmations** and **encouragement**. If your loved one gets off track, gently redirect them rather than correcting directly to maintain a smooth conversation.

## Overcoming Interaction Barriers

Tips for effective interactions include:

- **Rephrase instead of repeating:** Use different words or expressions to clarify misunderstandings.
- **Non-verbal cues:** Body language and facial expressions often convey unspoken needs and emotions.
- **Stay adaptable:** Cognitive abilities can fluctuate throughout the day. Flexibility in communication strategies ensures your messages are conveyed effectively.