

DO

- Give short, one sentence explanations.
- Allow plenty of time for comprehension, and then triple it.
- Repeat instructions or sentences exactly the same way.
- Avoid insistence. Try again later.
- Agree with them or distract them to a different subject or activity.
- Accept the blame when something's wrong (even if it's fantasy).
- Leave the room, if necessary, to avoid confrontations.
- Respond to the feelings rather than the words.
- Be patient and cheerful and reassuring. Do go with the flow.
- Practice 100% forgiveness. Memory loss progresses daily.

Don't

- Don't reason.
- Don't argue.
- Don't confront.
- Don't remind them they forget.
- Don't question recent memory.
- Don't take it personally.

Remember

You can't control memory loss, only your reaction to it. They are not crazy or lazy. They say normal things, and do normal things, for a memory impaired, dementia individual. If they were deliberately trying to exasperate you, they would have a different diagnosis. **Forgive them...always.** For example: they don't hide things; they protect them in safe places...and then forget. **Don't take accusations personally. It's the "disease talking."**

Their disability is memory loss. Asking them to remember is like asking a blind person to read. ("Did you take your pills?" "What did you do today?") A loss of this magnitude reduces the capacity to reason. Expecting them to be reasonable or to accept your conclusion is unrealistic. ("You need a shower." "Day care will be fun." "You can't live alone.") **Give a one sentence explanation or search for creative solutions. Don't correct, contradict, blame or insist.**

Reminders are rarely kind. They tell a person how disabled they are--over and over again. Reminders of the recent past imply, "I remember, I'm okay; you don't, you're not." If they're hungry, don't inform them they ate an hour ago, offer a snack or set a time to eat soon. They may ask the same question repeatedly, believing each time is the first. Graciously respond as if it's the first time. Some days they seem normal, but understand that they live in a different reality. Reminders won't bring them into yours.

Ethical dilemmas may occur. If, for instance, the patient thinks a dead spouse is alive, and truthful reminders will create sadness, what should you do? To avoid distress, try these ways of kindness: 1) **validate their emotion and then distract to another topic**, or 2) **start a fun activity**, or 3) **reminisce** about their spouse, "I was just thinking about _____. How did you meet?" or you might try, "He went to the store, he'll be back later. Let's take our walk while we wait."

Open ended questions ("Where shall we go?" "What do you want to eat/wear/do?") are surprisingly complex and create anxiety. **Give them a simple choice between two items or direct their choice**, "You look great in the red blouse."

Examples

Don't reason

"What doctor's appointment? There's nothing wrong with me."

Don't: (*reason*) "You've been seeing the doctor every three months for the last two years. It's written on the calendar and I told you about it yesterday and this morning."

DO: (*short explanation*) "It's just a regular checkup."
(*accept blame*) "I'm sorry if I forgot to tell you."

Don't confront

"Nobody's going to make decisions for *me*. You can go now...and don't come back!"

Don't: (*confront*) "I'm not going anywhere and you can't remember enough to make your own decisions."

DO: (*accept blame or respond to feelings*) "I'm sorry this is a tough time."
(*reassure*) "I love you and we're going to get through this together."
(*distract*) "You know what? Don has a new job. He's really excited about it."

Don't take it personally

"Who are you? Where's my husband?"

Don't: (*take it personally*) "What do you mean – who's your husband?" I am!"

DO: (*go with the flow, reassure*) "He'll be here for dinner."
(*distract*) "How about some milk and cookies?... Would you like chocolate chip or oatmeal?"

Do Stay Positive

"I don't want to eat this! I hate chicken."

Don't: (*respond negatively*) "You just told me you wanted chicken. I'm not making you anything else, so you better eat it!"

Do: (*accept blame*) "I'm so sorry, I forgot. I was in such a rush that it slipped my mind."
(*respond positively*) "Let me see what else we have available."
Leave the room and try again.

Don't argue

"I didn't write this check for \$500. Someone at the bank is forging my signature."

Don't: (*argue*) "What? Don't be silly! The bank wouldn't be forging your signature."

DO: (*respond to feelings*) "That's a scary thought."
(*reassure*) "I'll make sure they don't do that."
(*distract*) "Would you help me fold the towels?"

Don't remind them that they forget

"Joe hasn't called for a long time. I hope he's o.k."

Don't: (*remind*) "Joe called yesterday and you talked with him for 15 minutes."

DO: (*reassure*) "You really like talking with him don't you?"
(*distract*) "Let's call him when we get back from our walk."

Don't question recent memory

"Hello, Mary. I see you've brought a friend with you."

Don't: (*question memory*) "Hi Mom. You remember Eric, don't you? What did you do today?"

DO: (*short explanation*) "Hi Mom. You look wonderful! This is Eric. We work together."

Do repeat exactly

"I'm going to the store for a newspaper."

Don't: (*repeat differently*) "Please put your shoes on."... "You'll need to put your shoes on."

DO: (*repeat exactly*) "Please put your shoes on."... "Please put your shoes on."

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