

Name:

Target Behavioral Communication:

Date(s) Revised:

Tips

1. Try not to take behaviors personally.
2. Remain patient and calm.
3. Explore pain as a trigger.
4. Accept behaviors as a reality of the disease and try to work through it.

Remember

- When you have met one person with dementia, you have met one person with dementia!
- Be in the reality where the person with dementia is – don't try to bring them into your reality.
- What works today may not work tomorrow.
- All behavior is a form of communication. What is the person is trying to tell you when they display a behavior?

Ineffective Approaches (strategies not to use)

- 1.
- 2.
- 3.

Effective Approaches (strategies to use)

- 1.
- 2.
- 3.
- 4.
- 5.

*Fillable version available at <https://www.inclusa.org/providers/resources/dementia-care-resources/>

*We encourage keeping this document easily accessible by caregivers.