

# Dementia-friendly tips

How to help people living with dementia feel seen, heard, and respected.



Remember, dementia is just one part of a person's life, not their whole story. By being patient and kind, we can all enjoy our time in this community space.

## Create a supportive space

- Speak clearly and slowly
- Use short, simple sentences
- Give time for a response and repeat calmly if needed

## Keep things calm

- Introduce yourself, even if you've met before
- Speak directly to the person
- Avoid correcting or arguing

## Put feelings first

- Offer reassurance
- Remember that dementia can feel frightening
- Kindness matters more than being right



## Let's encourage inclusion, together

Want to learn more about dementia? You can find more information by scanning the QR code or by visiting: [thegoodcaregroup.com](https://thegoodcaregroup.com).

