

# 12 WAYS TO CREATE AN EMPOWERING DEMENTIA ENVIRONMENT



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- 1. DEVELOP PURPOSEFUL ACTIVITIES.** *Negative behaviors are often a result of boredom or frustration.*
- 2. SPEAK FACE TO FACE,** *no more than three feet away from the person. Being on her left side helps activate her social right brain.*
- 3. GAIN THE PERSON'S ATTENTION.** *Use few and common words. Wait for responses, because processing is slowed.*
- 4. MAKE CONSPICUOUS WHAT YOU WANT HIM TO NOTICE;** *camouflage what you wish to have him avoid.*
- 5. KEEP ITEMS IN PLAIN VIEW FOR POSITIVE RESPONSES TO A TASK.** *Procedural memory lasts the longest.*
- 6. DO NOT ARGUE;** *you will lose.*
- 7. VALIDATE THE EMOTION YOU HEAR.** *("You sound afraid.")*
- 8. DO NOT DISAGREE WITH HER SENSE OF REALITY;** *it is her only reality now. Enter her reality.*
- 9. ORIENT.** *("Bruce, it's Monday morning; time for breakfast.")*
- 10. SIMPLIFY EVERYTHING.** *Make it possible for her to DO things in small steps.*
- 11. FIND THE TRIGGER TO THE BEHAVIORS YOU WISH TO DECREASE.** *Negative behaviors are often due to fear and/or confusion.*
- 12. OFFER CHOICES** *(no more than two); it empowers.*

