



RESPOND BEFORE YOU CORRECT



Dementia Family Guidance

Practical cues for calmer communication and familiar routines. A sudden change in confusion or behavior deserves prompt clinical attention.



Make the moment easier

- ☐ Approach from the front, say the person's name, and slow the pace
- ☐ Use one short idea or choice at a time
- ☐ Reduce background noise and competing conversations
- ☐ Validate the feeling even when the details are not accurate
- ☐ Pause, reset, or redirect when an answer is increasing distress



Notice patterns

- ☐ Time, place, people, noise, pain, hunger, fatigue, or bathroom needs
- ☐ What happened immediately before the difficult moment?
- ☐ What words, music, objects, or routines helped?
- ☐ Is this a gradual pattern or a sudden change?

NOTES FOR OUR NEXT CONVERSATION





TURN OBSERVATIONS INTO THE NEXT USEFUL STEP

Continue the family conversation.



Support familiar ability

- ☐ Offer a visible cue instead of repeating an instruction
- ☐ Break tasks into one manageable step
- ☐ Keep frequently used items in consistent places
- ☐ Invite participation without testing memory
- ☐ Build meaningful activity around the person's history and preferences



Prepare useful information

- ☐ Examples of what changed, how often, and at what time
- ☐ Current medication list and recent health changes
- ☐ Sleep, appetite, hydration, pain, falls, and infection concerns
- ☐ Questions for the clinician or dementia-care professional

QUESTIONS, NAMES, AND FOLLOW-UP

ONE USEFUL NEXT STEP

Choose one phrase everyone in the household can use: "You are safe. I am here. We can take this one step at a time."

