

## Let's Talk About Dementia: 5 Tips to Navigate Meaningful Conversations



Communicating with a loved one who is living with dementia or Alzheimer's disease can be challenging. These five tips can help you remain calm and navigate positive conversations:

1. Listen carefully and pay attention to your loved one's body language.
2. Don't ask too many questions. Focus on individual topics and avoid open-ended questions.
3. Avoid conflict. Validate their feelings. Don't yell or express anger.
4. Use humor and laugh together to help break any tension.
5. Encourage positive engagement by playing your loved one's favorite music.

### **Thrive Memory Care**

When it's time to seek specialized support, our Memory Care program incorporates each individual into the rhythms of daily living, creating mindful moments of engagement, growth, and discovery that inspire connection and well-being. Specially trained and certified caregivers known as *Nayas* create deep connections with each resident, and provide customized care and support in a nurturing and supportive environment.

Contact us today to learn more and schedule a private tour.  
You're not alone – we are here to help.

