

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 connect, 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.

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

