

# CAREGIVER COMMUNICATION RESOURCE FOR ALZHEIMER'S DISEASE



**EJT Communication Consultant**  
Communicate with Confidence, Inspire with Impact

Talking with someone who has Alzheimer's can sometimes be a bit tricky, but don't worry! With a sprinkle of patience, a dash of empathy, and some helpful strategies, you can deepen your connection and make conversations easier. Here are some friendly tips to help improve communication between you and your loved one with Alzheimer's!

## ***Key Communication Tips***

### **Get their attention**

- Approach from the front, make eye contact, and gently touch their arm or say their name.
- Avoid startling them; announce yourself calmly.

### **Use simple language**

- Speak slowly and clearly.
- Use short, simple sentences and concrete words.
- Avoid open-ended questions; offer choices instead (e.g., "Would you like tea or water?"), or yes/no tagging (e.g., "Are you hungry, yes or no?")

### **Be patient and give time to respond**

- Allow extra time for processing.
- Don't rush or interrupt.

### **Use nonverbal cues**

- Smile, use gentle gestures, and point or show objects when appropriate.
- Maintain a calm, reassuring tone of voice.
- Watch for feelings behind their words, even if the words don't make full sense. Respond to the emotion rather than the exact content.

### **Stay positive and calm**

- Avoid arguing or correcting.
- Redirect if they become upset or confused.

### **Reduce distractions**

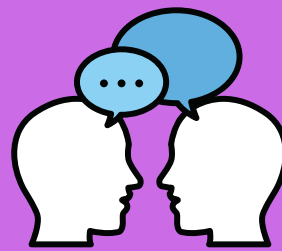
- Turn off the TV or radio during conversations.
- Focus on one-on-one interactions.



# Printable Quick Tips Card

Here's a quick reminder card you can print and carry.

- Approach gently
- Eye contact
- Simple words & short sentences
- Give time to process
- Use gestures
- Reduce noise
- Focus on feelings



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