

# DEMENTIA QUICK TIPS

## **From the front, let them see your face**

If policy allows, no hat

**Smile**

**Relax**

**Don't come too close** unless invited

Put **hand up** as if to say **hello**

Introduce yourself, **"Hi, I'm Scott."**

**Extend your hand** for a handshake or wave

**Wait** for them to **respond**

**Give them space**, stay in front of them - remember their field of vision is directly in front

**Ask permission to help**

Even if you don't understand them, **smile and agree**

**Repeat what they say** or nod your head in agreement, **"I know it must be hard being out here alone..."**

Tell them you are so sorry they are upset, **ask what you can do** to help them

The situation may be one that would allow you to ask them for help

Use **guiding handhold** to move beside lost person and begin to guide them in the direction you want to go

REMEMBER: They will not remember what you said or what you did for them, **but they will remember how you made them feel.**



Donald W. Reynolds  
Institute on Aging

Arkansas Geriatric  
Education Collaborative

[agec.uams.edu](http://agec.uams.edu)

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**Dehydration can happen quickly** and can cause delirium, or dementia symptoms to worsen. Offer the person some water once you have them in a safe location.

Loose change, a deck of cards or silly bands can **help keep a person occupied** while you work on getting them to safety. Ask them to sort items based on color, suit or number.

**Alzheimer's Association 24/7 Helpline** . This helpline provides reliable information and support to those who need help with a loved one who has Alzheimer's disease or dementia.

For more information about resources for caregivers, or to schedule dementia trainings for first responders or other health professionals, call  
or email .

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The mission is to provide high quality programs that support healthy aging in Arkansas for older adults.



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