



It's alright if it's not all right.



1

Brain changes

A person with dementia has a failing brain. This means that sometimes they might think they are in a different time or place. They may mistake people, or remember things wrong. This is not to be difficult. They are doing the best they can with a brain and brain chemicals that change constantly. It is not manipulation or because they are not trying.



2

Quality of life is the priority

Dementia is a terminal illness. A person can not be corrected out of brain failure. It can be tempting to argue when someone says things that you know are not right. If you correct someone with dementia all of the time, that becomes their life experience. It would be awful to be told that you are wrong constantly. Quality of life improves when a person is not constantly in a fight or being corrected.



3

Why does it matter?

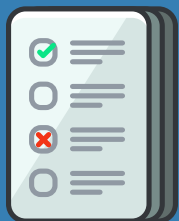
It can be helpful to ask yourself why it matters if they are right or wrong about something. A common example that people will correct is the belief that someone who has died is still alive. Is it really important that the person know that their mother has died? Imagine being told again and again that your mom has died, and every time it's distressing news. Does being corrected about this improve their quality of life? Does it improve your time together?



4

Step into their reality

Rather than arguing, it can be helpful to step into their reality. Go with the flow. The video linked in this QR code gives great examples of what that might look like. It is called "Using improv to improve life with Alzheimer's". People need connection. People need to feel valued. Focus on these things rather than what is "right" or "wrong."



5

This is not a test

Do not quiz people with dementia to see if they remember something. Don't say "Don't you remember?" They don't.

Be flexible. If you need to do something and they disagree, rather than arguing, try again later, or find a way to make it more appealing. If using reasoning and logic don't work, you need to stop trying that approach. It will just cause distress for everyone.



6

Connection

The most important thing is connection and feeling heard and valued. Validate their feelings and connect with them. Respond to the emotion. If they are upset about something that isn't "real", show them that you see their concerns and that you are there to help. Connect emotionally, and then find a distraction or another topic together.

If you are tempted to get into an argument, change the subject and let it go.