## 10 tips on how to stay connected to a person with Alzheimer’s

1. Don’t argue or reason. Get in touch with their current perception of life and how they are feeling.

2. It’s okay to laugh. Try to incorporate humor if you can.

3. Keep a 2-way conversation going for as long as possible. Don’t just talk at them, talk WITH them!

4. Be patient. The person needs more time to process information and carry out activities.

5. Keep activities simple. Convert favorite games to easier versions (Bridge to Crazy Eights).

6. Talk about past memories and growing up. Use pictures and home videos to start conversation.

7. Use Music. Listen, sing, dance, and talk about their favorite singers and performers.

8. Use Art. Draw, paint, color, sculpt, and use all different types of mediums to develop simple projects.


10. Dine out or cook food at home together. Make sure person is safe if cooking. If going out to eat, help them by giving 2 or 3 meal choices rather than larger menu.

Please visit the below sites for more activities and supportive materials...

- The Alzheimer’s Association’s 24/7 Helpline 1-800-272-3900  
  http://www.alz.org

- NIH’s Alzheimer’s Disease Education and Referral Center 1-800-438-4389  
  http://www.nia.nih.gov/alzheimers