

COMMUNICATION TIPS FOR DEMENTIA CAREGIVERS

Dementia changes how a person understands words, responds to conversation, and expresses what they need. When communication gets harder, frustration often grows for both the caregiver and the person living with dementia. These simple tips can help.

Helpful Communication Tips

- Speak slowly and calmly
- Use short, simple sentences
- Give one direction at a time
- Avoid correcting or arguing
- Give extra time for them to respond
- Use a gentle tone and reassuring body language
- Reduce background noise when possible

What Often Makes Communication Harder

- ☐ Rushing
- ☐ Arguing
- ☐ Too many questions at once
- ☐ Long explanations
- ☐ Loud or distracting environments
- ☐ Trying to reason when they are confused

What to Remember

- Behavior is often communication
- Confusion is not stubbornness
- Reassurance usually works better than correction
- How you say something often matters more than the exact words

Caregiver Tip:

If communication is not working, try changing your approach instead of repeating the same thing louder or faster.

A small shift in how you respond can make a big difference.

Want more dementia caregiving help and support?

Visit AlzheimersInYourHome.com for practical caregiver tools, articles, and guidance.

Want to better understand why these challenges happen?

[Explore the Understanding Dementia Course here\]](#)

Free Caregiver Tools & Support

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