

“Communication Tips”



One Senior Place
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www.OneSeniorPlace.com/legacy

In the Alzheimer patient, the loss of intellectual function decreases the ability to communicate. This decrease function can cause frustration, anxiety for the patient and their loved ones. Utilizing nonverbal communication skills can be helpful.

Here are tips for effective communication –

- Stand or sit about a yard from the patient, facing him/her. This is less threatening to the patient.
- Talk in a warm, relaxed manner. Speak gently.
- Use simple phrases and avoid complicated terms.
- Do not give more than one directive at a time.
- Wait for the patient’s response. If he/she does not respond, repeat the question.
- Offer help discreetly when he/she has trouble finding a word. If he/she loses the thread of the conversation, repeat the last few words to help them continue.
- If necessary, mimic the task to be carried out, such as brushing one’s teeth.
- Identify yourself, smile and take the patient’s hand.
- Take your time – patient is a virtue – especially with Alzheimer’s patients.
- Avoid speaking to a third party about the patient in his/her presence.

Learn more by visiting Legacy Harbor at One Senior Place.

Calendar of Events

FREE CONSULTATIONS

Monday – Friday 9:00 a.m. – 5:00 p.m.
Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available with a Care Manager. Appointments suggested call **253-6320**.

MEMORY SCREENINGS

Memory Screenings are available FREE by appointment. If you suspect any memory loss it is important to take this first step. Early detection and early intervention can **Call 253-6320**

SUPPORT GROUP

Safe Harbor during the Storm
2nd & 4th Thursdays of the month 1:30 – 3pm
A time to share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. Hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain. For more information call Legacy Harbor at **253-6320**

FREE consultations for anyone with questions related to dementia, memory loss or Alzheimer’s disease.

