

MACAB Caregiver Tip Sheet

Interactive Tips for Dementia Caregivers



From Peggy Jackson

Sharon Baptist Church, Caregiver Support Group
Memory & Aging Community Advisory Board Member

Have patience.

1

It's the key to effective communication because it allows the caregiver time to understand the individual living with dementia. Take your time. Be organized and actively listen to their needs.

Establish routines & procedures.

Allow adequate time during the entire day for tasks to be completed. Use written notes to ensure that rules, routines, and procedures are scheduled for particular times.

2

Play preferred music.

Playing soft music in genres preferred by the individual living with dementia can have subtle effects. For example, it may lead to singing, foot tapping, or relaxation, particularly when completing a task.

3

Engage in games & activities.

Identifying the day of the week, time of the day, season, and/or weather in the early morning can help set the tone for getting tasks done, and promote a positive disposition. Puzzles, drawing, and playing musical instruments can help utilize coordination and other senses.

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