

MACAB Caregiver Tip Sheet

Need-To-Know Tips for Dementia Caregivers



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Kindness Matters

Caregiving can cause stressful and frustrating situations. This will show in the caregivers tone and attitude. Using pleasing tones of "thank you" and "please" can soften the atmosphere. Gentle touch can help lighten the moment. Using assuring words like "it's okay" may help ease your loved one's anxiety.

Be Respectful

Your loved one is not a child, therefore be mindful of not treating them like one. Remember your loved one is a person with feelings and longings even though they can no longer communicate them. Even though they may not understand, communicate what's happening to them or for them.

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Celebrate

It doesn't have to be a momentous occasion. Celebrations generally breed fun. Create a fun atmosphere for a mundane occasion, i.e. "You ate all of your food! Woohoo!" Dance around and get your loved one to dance with you.

Remember Your Love

Even though your loved one may not be able to demonstrate or communicate their love any longer, you still can. Times can get extremely exasperating. Try not to let their lack of showing love affect your love for them.

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