



## The Ten Absolutes of *Caregiving*

NEVER ARGUE	<b>INSTEAD</b>	Agree
NEVER REASON	<b>INSTEAD</b>	Divert
NEVER SHAME	<b>INSTEAD</b>	Distract
NEVER LECTURE	<b>INSTEAD</b>	Reassure
NEVER SAY "REMEMBER?"	<b>INSTEAD</b>	Reminisce
NEVER SAY "I TOLD YOU ..."	<b>INSTEAD</b>	Repeat & Regroup
NEVER SAY "YOU CAN'T ..."	<b>INSTEAD</b>	Find out what they CAN do
NEVER COMMAND, DEMAND	<b>INSTEAD</b>	Ask & Model
NEVER CONDESCEND	<b>INSTEAD</b>	Encourage & Praise
NEVER FORCE	<b>INSTEAD</b>	Reinforce

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**DEMENTIA  
ALLIANCE**

of North Carolina

A STATE OF CARING

# Understanding How to Help

*All dementia is caused by a problem or disease*  
**It is NOT intentional**

**It is common for people with Alzheimer's or other dementias to:**

- Repeat themselves or not remember what you told them
- Not respond the way you expect
- Say or do things that aren't appropriate
- Use words that are close but wrong
- Appear angry, scared, lost or frustrated
- Blame others for things that go wrong

**What can you do to help?**

- Keep things simple
- Don't take it personally
- Give them time, don't rush
- Don't argue
- Be patient, they are doing the best they can
- Focus on their feelings
- Simplify your conversation
- Use repetition – do or say the same things the same way each time
- Put yourself in their shoes – if you thought what they think how would you react?
- Be a good friend – the person with dementia has a disease. They are still the same person, just trying to find their way through the world, and we all need friends to help us.

**Ask yourself** – How would I want to be treated?