

Ten Tips for Supporting Someone with Dementia

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| 1. Agree | never argue |
| 2. Divert | never reason |
| 3. Distract | never shame |
| 4. Reassure | never lecture |
| 5. Reminisce | never say "remember" |
| 6. Repeat | never say "I told you" |
| 7. Let them do what they can do | never say "you can't" |
| 8. Ask | never demand |
| 9. Encourage | never condescend |
| 10. Reinforce | never force |



Bristol Dementia
Action Alliance

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