



Whether you are visiting someone with dementia every day or just once in a while, making the most of your time together will mean a more meaningful visit for both of you!

A person with dementia may have many visitors and service providers dropping by. A visitor guest book can serve as a reminder of who has come to visit and how they spent their time together. For more information about creating a visitor guest book, please visit alzheimer.ca/visitinguestbook.



For more information and support, connect with your local Alzheimer Society. Visit alzheimer.ca/helpnearyou or call 1-855-705-4636 (INFO).

For information about moving and adjusting to a long-term care home, please visit alzheimer.ca/longtermcare.

This list was adapted from Care UK. (2014). Listen, talk, connect: Communicating with people living with dementia.

Alzheimer Society

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Charitable registration number: 11878 4925 RR0001



Visiting someone with dementia?
Use these tips for meaningful visits

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Find out the best time of day to visit. It may be during the middle of the day when the person you are visiting isn't tired yet.

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Keep in mind that what you call the person you are visiting may have to change over time. As the dementia progresses they may not recognize you. Calling them by their first name is often the most familiar option.

3 Turn off background noise to make the visit peaceful and less confusing.



Encourage the person you are visiting to make decisions about how you spend time together to enhance independence and self-esteem.

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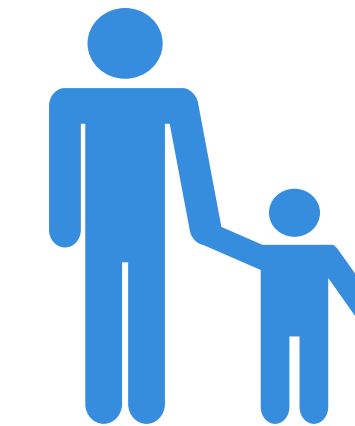
Play a game or work on a project together as a way to connect, create a sense of purpose, and provide something to look forward to.

- Do a jigsaw puzzle
- Label photographs
- Make a scrapbook
- Bring two copies of the same newspaper or book so that you can both read and discuss it.

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Bring a child to visit, which can be fun and helps maintain important relationships.



Use these tips:

- Discuss with the child what dementia is and what to expect regarding the person you are visiting. Listen to the child's feelings and concerns.
- Explain to the child that during the visit they should speak clearly, avoid arguing, and ask for help anytime.
- Bring along a quiet activity that the child and the person you are visiting can do together, like a jigsaw puzzle.
- Get outdoors by sitting outside, going for a walk, or even helping with some weeding if there is a garden area.
- Have the child give something they made to the person you are visiting, like a picture or some homemade cookies.
- Have some treats handy that the person with dementia can give to the child.

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Have a relaxing visit with a movie and some treats. Quiet time during a visit can be very meaningful. Remember, not all communication is verbal.

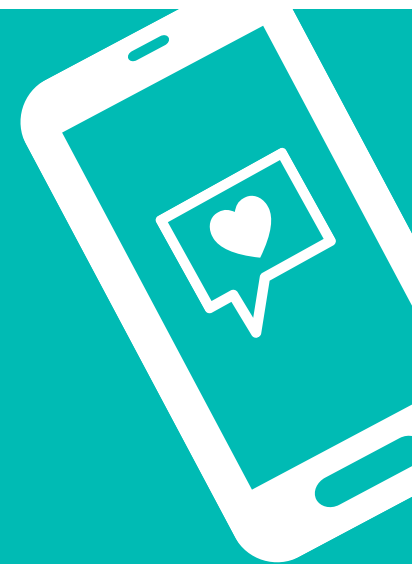
Go outside to get the benefits of fresh air and exercise.

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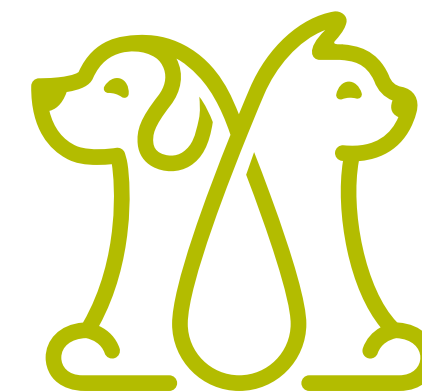
Include others in the visit even if they can't be there physically.

- Photographs
- Videos
- Letters
- Phone call or video call



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Find out if it's ok to bring a pet along. Animals can be calming, joyful and help make a connection, especially with someone who has trouble communicating.



Answer difficult questions the person you are visiting may have by acknowledging their feelings and reassuring them that they are safe, loved, and cared for.

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Common questions include asking when they can go home or where a person who died is.

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