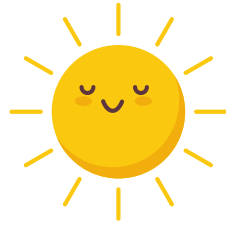


Visiting someone with dementia? Use these tips for meaningful visits

Find the best time of day to visit. You may also need to shorten your visit if the person is tired



Show you care! Express yourself and connect. This may be through means like conversation or through touch



It's important to listen. Be patient and give the person time to express themselves



Introduce yourself at the start of the visit. Don't assume that they remember your name

Connect over common interests while focusing on strengths and abilities



Laugh and have fun! Share humorous experiences and jokes



Remember that communication is more than just the words we say. Be mindful of what your body language, tone of voice, and facial expression are saying

