

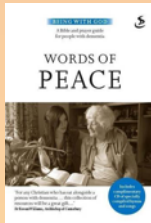
## Things to do if conversation is not easy



**Play** a game together – dominoes or a simple card game, even if the rules appear to have ‘gone out of the window’.



**Listen** to a CD- familiar music, hymns or songs. Watch a DVD of flowers, gardens, wild life, water views, hobbies.



**Look** at photographs or illustrated books.  
**Colour in** a picture.

**Read** a simple poem or even a nursery rhyme  
**Smile**, and share laughter.



If appropriate, take a soft toy for them to hold or stroke or a lavender bag to evoke memories.

for some **Read** a familiar passage from the Bible such as Psalm 23 or say The Lord’s Prayer.



You may be saddened by their condition but be encouraged in that you will have lessened their isolation and loneliness by your visit.

The visit need not last long. It is the feelings that remain not the length of time spent.

They might well forget that you came but the warmth and feelings of your visit will not be forgotten.

## Suggestions for visiting a person with dementia



Dementia covers a group of symptoms such as memory problems; decreasing ability to think or reason, difficulty in communicating; and not recognising people or places.

People with dementia can become confused and upset. They may see, smell or hear things no-one else does, or be Time Travelling, thinking they are living in an earlier decade, so be confused at what they see around them.

Their behaviour can be unusual or awkward. They may find it hard to express themselves or understand others.

It is important to remember that a person with dementia is exactly the same person inside as they used to be, but as they find communication difficult, others need to make adjustments in how they communicate with them.

Their condition makes it difficult or impossible to store new factual information, although they experience and remember feelings in the normal way. Feelings always remain, as does spiritual awareness.

Visiting a person with dementia can encourage feelings of self-worth in them and bring comfort and happiness.

**Feelings remain when Facts are Forgotten**