

12 WAYS TO CREATE AN EMPOWERING DEMENTIA ENVIRONMENT



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1. DEVELOP PURPOSEFUL ACTIVITIES. *Negative behaviors are often a result of boredom or frustration.*

2. SPEAK FACE TO FACE, *no more than three feet away from the person. Being on her left side helps activate her social right brain.*

3. GAIN THE PERSON'S ATTENTION. *Use few and common words. Wait for responses, because processing is slowed.*

4. MAKE CONSPICUOUS WHAT YOU WANT HIM TO NOTICE; *camouflage what you wish to have him avoid.*

5. KEEP ITEMS IN PLAIN VIEW FOR POSITIVE RESPONSES TO A TASK. *Procedural memory lasts the longest.*

6. DO NOT ARGUE; *you will lose.*

7. VALIDATE THE EMOTION YOU HEAR. *("You sound afraid.")*

8. DO NOT DISAGREE WITH HER SENSE OF REALITY; *it is her only reality now. Enter her reality.*

9. ORIENT. *("Bruce, it's Monday morning; time for breakfast.")*

10. SIMPLIFY EVERYTHING. *Make it possible for her to DO things in small steps.*

11. FIND THE TRIGGER TO THE BEHAVIORS YOU WISH TO DECREASE. *Negative behaviors are often due to fear and/or confusion.*

12. OFFER CHOICES *(no more than two); it empowers.*



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For more information, email Research@flhealth.gov or
Contact your local County Health Department



Additional resources may also be found by visiting:

<http://www.floridahealth.gov/provider-and-partner-resources/research/HealthyBrainInitiative1/index.html>