



# Tips for Caring for a Loved One With Dementia

If your loved one has been diagnosed with dementia, we're here to help. Here are some key tips that may be helpful when caring for someone with dementia.

- 1. Educate Yourself About Dementia:**  
Understanding the disease and its progression can help you better understand your loved one's behavior and needs.
- 2. Communicate Openly:**  
Use clear, simple language when communicating with your loved one and be patient. It can help to address your loved one directly, and have conversations away from the tv, loud noises or other distractions.
- 3. Create a Safe Environment:**  
Make any necessary home modifications to ensure your loved one's safety, such as removing tripping hazards and installing handrails.
- 4. Create a Routine:**  
Structure and routine can help to reduce confusion in people with dementia.
- 5. Consider Hiring a Professional Caregiver:**  
If your loved one requires more care than you can provide, consider hiring a professional caregiver to assist with tasks such as bathing, dressing and managing medications.
- 6. Stay Involved:**  
Continue to spend quality time with your loved one and participate in activities that they enjoy. This can help them feel more connected and engaged.
- 7. Maintain Their Independence:**  
Shirts without buttons, specialized diets and other daily modifications can help your loved one maintain their independence. Ensuring they're an active participant in their care a will also help your loved one to maintain their brain function.
- 8. Understand the Changes That are to Come:**  
Dementia is a progressive disease which means that symptoms increase and get worse over time. These changes in your loved one's moods and behaviors can be difficult for everyone, so remember to lean on others for support.
- 9. Take Care of Yourself:**  
Make sure to take breaks and prioritize caring for yourself, too. Consider joining a support group for caregivers, so you can talk with people who understand what you're going through.

For more information on dementia and how CorsoCare can support you, call us at 248-438-8535.