



Family
Caregiver
Alliance®

5 Real-Life Strategies for Dementia Caregiving

As caregivers, we tend to use intuition to help us decide what to do. Unfortunately, with dementia, the ‘right’ thing is often opposite of what we’d think. Here’s some practical advice:



Being reasonable, rational, and logical will get you into trouble.

A person with dementia doesn’t have a “boss” in their brain any longer. Straightforward, simple sentences about what’s going to happen are usually best.

Therapeutic lying reduces stress.

Does it matter the person you’re caring for thinks it’s 1982? Is it ok to say you’re going to lunch and “stop by” the doctor? With dementia, compassion outweighs truth.



Making agreements doesn’t work.

Most agreements will soon be forgotten. Rather than discussing, take action to mitigate issues and minimize hazards.

Tell, don’t ask.

Rather than asking “What would you like for dinner?” try announcing what’s next. “We’re eating now” encourages cooperation.



Moments of lucidity are ... just that.

Everyone with dementia has times when they make sense and can respond appropriately. Treasure those moments when they occur.

Want to Learn More? Find more real-life strategies in our **Ten Real-Life Strategies for Dementia Caregiving** fact sheet at caregiver.org/resource/ten-real-life-strategies-dementia-caregiving/.

