



## Let's Talk About Dementia: Do's and Don'ts for Navigating Meaningful Conversations

Communicating with a loved one living with dementia or Alzheimer's disease can be challenging. They may have difficulty expressing themselves or understanding others. Here are five tips to help you connect and engage with your loved one.

1. Listen carefully and pay attention to your loved one's body language and visual cues.
2. Focus on one topic at a time, and avoid open-ended questions. Limit your questions, as too many may cause your loved one to feel more overwhelmed or confused.
3. Avoid conflict. Don't yell or express anger when speaking with your loved one. Remain calm and validate their feelings.
4. Use humor and laugh together. This can help break any tension.
5. Cultivate connection and engagement by playing your loved one's favorite music.

### An Empathy-Based Approach to Memory Care

At Watermark's five Bay Area communities, our supportive and welcoming Memory Care neighborhoods specialize in caring for individuals living with Alzheimer's disease and dementia. Certified through the National Council of Certified Dementia Practitioners, specially trained universal caregivers known as *Nayas* incorporate each resident into the rhythms of daily living, cultivating a sense of community, connection, well-being, and peace of mind for the entire family.

### Coping with Your Loved One's Dementia

Watching someone you care about experience symptoms of Alzheimer's and dementia can be difficult and emotional, to say the least. You're not alone – we're here to answer your questions and support you and your loved ones every step of the way.

**Call any of Watermark's Bay Area locations to learn more and request a private tour today.**

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