

TIPS FOR A MEANINGFUL VISIT

for Person's Living with Memory Loss



BE IN THE MOMENT

Don't dwell on what was or how things are going to be tomorrow. Appreciate the moments of today.

BE A CALMING PRESENCE



Approach warmly, speak softly and in soothing tones.



USE ART AS A TOOL TO COMMUNICATE

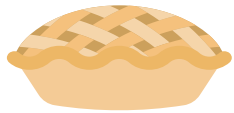
Create something with clay. Paint. Dance. Create a poem. Sing. Play a favorite instrument. Listen to their favorite music.



READ TO THE PERSON

Maybe not the newspaper to talk about current events, but rather something that is soothing, relaxing or an old favorite.

Let music be the connector to memories. It can create a powerful bond between two people.



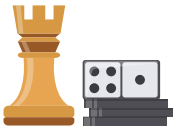
UTILIZE THE SENSES

Maybe there was a favorite cologne or perfume, the smell of a certain coat or meal. Don't quiz the person by saying, 'do you remember this smell?' but rather use the smell as the background for your visit.



MAKE EYE CONTACT

Speak directly to the person. Don't talk from behind or around them.



JUST ENJOY THE ENGAGEMENT

Don't worry if comments don't make sense or aren't entirely accurate. Never argue or try to correct the person.

MAKE COMFORTING PHYSICAL CONTACT



Give a hand or foot massage using essential oils. Talk about anything during the process when you see that the massage is calming to the person. your visit.



Lay with or sit next to the person and just hold hands. Sometimes the best times shared are just sharing space with the ones we love.



THIS INFORMATION IS INTENDED TO BE GUIDELINE AND HELPFUL. THERE ARE MANY ADDITIONAL WAYS TO VISIT WITH SOMEONE LIVING WITH MEMORY LOSS.



PRACTICE EMPATHY & VALIDATION

When a person says, 'I want to go home.' Validate their feelings. Most of the time 'home' isn't the physical place, but rather the security and familiarity to what home brings to the person.