

First Link Connection Video Transcript - Part 4

So what types of questions should we be asking to help communicate more effectively with persons living with dementia?

Firstly, consider the types of questions you are asking; open-ended questions such as “where do you want to go for dinner?” can be overwhelming for a person living with dementia.

Try giving them two choices: “Do you want to go to Swiss Chalet or Denny’s?”

If you notice the person with the disease always chooses the last option you gave, try moving instead to closed, yes or no type questions.

If there are lots of conversations going on at once, the person with the disease may be overwhelmed or not be able to follow. Try and have a ‘one on one’ conversation with them so they can follow and participate.

As boxes build up on the highway to and from the communication area of the brain, the person living with dementia will have difficulty finding the right words. We can help them fill in the words, if we know what they are trying to say.

Or, redirect the conversation; “Oh, I’ve had such a long day, let’s go have a cup of tea and worry about that later”. Put the focus on you, not on the person living with the disease.

Be careful of your use of pronouns; he/she/we/they. The person living with dementia may not recall who ‘she’ is. Use people’s names when bringing them into your conversation.