

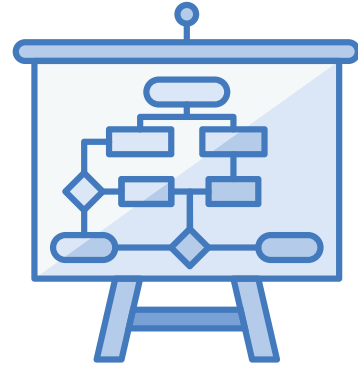
Good Quality of Life

Practical Information on Dementia in People with Intellectual and Developmental Disabilities (IDD)



Protect Dignity and Respect

- Speak with kindness and respect.
- Give privacy - as long as it's safe.
- Offer a few choices to include the person in decision-making.
- Encourage independence, even if it takes a few more minutes.



Plan for the Future

- Inform yourself for planning for future needs
- Protect financial security
- Plan for end-of-life care
- Appoint a health care proxy or legal guardian, as needed



Protect Health and Safety

- Keep medical appointments, vaccinations, and wellness visits.
- Make sure the person gets good diet and sleep.
- Encourage physical activity and safe movement.
- Keep home clean, comfortable, and free of hazards.
- Install equipment to support the person's safety and functioning (i.e., bars in bathroom).

Support Relationships

- Help the person keep up connections with friends and family.
- Find different ways to communicate when speaking becomes difficult for the person.

Support a Meaningful Day

- Continue activities that the person enjoys.
- Plan activities that allow people to share experiences, and which provide mental stimulation.
- Look for dementia-friendly activities in the community.



Remember!

Happiness, comfort and security are part of a good quality of life. Just because someone has dementia doesn't mean that you should expect their quality of life to get worse. With effort and creativity, the person can have a meaningful, content and secure life.

Developed in collaboration with: