

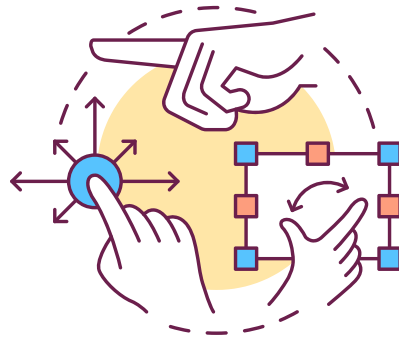
Making Connections

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



Keep it Clear

- Use short simple sentences.
- Speak clearly and calmly.
- Make sure the person can see you (eye-level) when you're speaking to them.
- Ask simple short answer questions, and ask only one question at a time.



Keep it Simple

- Be patient. Give the person time to understand and respond.
- Use gestures, pictures, and offer assistance, especially when giving directions.
- Reduce noise and distractions.



Body Language

- All behavior is communication. Their actions and expressions may be trying to tell you something.
 - Distressed behavior may be a sign of pain or discomfort
- Your own behavior and tone of voice are also ways to communicate.
 - Speak calmly, be cheerful, and show respect and caring through your voice and body language



Beyond Words: Activities that Foster Connections

- Share art activities, music, food, movement, etc.
- If the person tolerates it, you can try gentle touch to soothe them.
- Join groups, such as Memory Cafes, which offer activities that encourage social engagement.



Life Story

Create a Life Story album of photographs and shared memories. In addition to honoring their life, sharing the album can be calming and affirming to share with the person, even if memories are fading.

Developed in collaboration with: