



# Dementia Communication Card

  
[www.LiveWellSD.org/DementiaFriendly](http://www.LiveWellSD.org/DementiaFriendly)  
For more information and to become a Dementia Friend visit:  
This resource is brought to you by the Age Well San Diego Dementia-Friendly Theme Team.


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**My companion is living with dementia.**




**Your understanding is appreciated!**

*Please open for communication tips and reminders.* →

  
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## Instructions for print and use:

- Print this document on both sides (flip sheet on the long edge), a standard letter sized sheet (8.5 x 11), and with “Actual size” page sizing for best results.
- Cut out each card along the dotted lines.
- Fold along the center line.
- Keep the card in your wallet, purse, or pocket.

  
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**The following tips and reminders can help:**

1. Dementia causes changes in thinking, memory, reasoning, and behavior; please be patient.

2. When speaking with someone living with dementia, approach them slowly from the front, use simple sentences, and allow ample time for a response.

3. If the person cannot find the right word, encourage visual communication such as gestures or pictures. Try guessing the right word.

4. When all else fails, a friendly smile goes a long way.

*Through kindness and understanding, we can improve the quality of life of our friends and neighbors living with dementia.*



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