



TIPS FOR DOCTORS AND OTHER HEALTH CARE PROVIDERS

FROM ACTION GROUP MEMBERS LIVING WITH DEMENTIA

- 1** **Talk to the person, not their caregiver or spouse.**
- 2** **Don't make assumptions.**
Because everyone is different, be prepared to learn from the people who are your patients and acknowledge the journey that is dementia.
- 3** **Listen to your patients, know them and believe them.**
Don't get defensive or dismissive of genuine concerns you might hear from people.
- 4** **Encourage people to find purpose in their lives.**
It is important to acknowledge that people can live "well" with dementia for many years after diagnosis.
- 5** **Be aware of available community and dementia-specific supports.**
Have pamphlets and resources handy, especially for people who are newly diagnosed.
- 6** **Sometimes the person you are working with might not "look like a person living with dementia".**
Regardless as to how a person looks, try to give them more time and adequate explanations.
Consider a longer appointment for patients with dementia. Be open to patients audio recording their appointments and consider writing down main points for them.

To learn more about dementia visit:
www.flippingstigma.com