

Trualta Tuesday

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TRUALTA TUESDAY



Skills For Responding To Communication Changes

Caregiving for a person with dementia comes with many different challenges. Sometimes it can feel like there is too much to learn. Trualta makes it easier to learn by focusing on a few core skills that can help across different situations. You will see these 5 skills repeated throughout the toolkit with extra tips and strategies. Which skills do you already know about? Which ones do you want to learn more about?

The Skills

Pause! Take A Breath

In any difficult situation, take a minute for yourself to breathe. Your care recipient is doing the best they can with the skills they have. So are you! If you take a calm approach in communicating, you can have more successful interactions with fewer frustrations.

Set Up Your Surroundings

It may be harder for your care recipient to focus on what you are saying. To improve communication, reduce sounds and sights that might be distracting.

Use A Positive Tone & Body Language

If the person you care for has dementia, they may rely more on reading your tone and body language than the words that you use. Start most conversations with a happy and welcoming approach.

Stick To Simple Statements

We often use more words than we need to. If you provide one-step instructions to your care recipient, you can help them be more successful during daily activities. Sometimes we also speak too quickly! Slow down and give your care recipient extra time to process and respond.

Reply, Then Redirect

Your care recipient may repeat questions or make rude comments. Respond to let them know you heard them and then help their brain move on to another conversation or activity.

Scan the QR Code to be directly connected with the Trualta portal. This service provided free of charge from Area Agency on Aging 3.



It is the Area Agency on Aging 3's mission to provide life-span resources that inspire, educate, and empower older adults, persons with disabilities and family caregivers.

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