



DEMENTIA  
CARE & CURE INITIATIVE

FLORIDA DEPARTMENT OF ELDER AFFAIRS

Developing Dementia-Caring Communities Across Florida

# I HAVE DEMENTIA AND THESE THINGS ARE IMPORTANT TO ME

## 1. Communicate Clearly

Speak to me in short, simple sentences so that I understand you. Use gestures, facial expressions, and soft tone.

## 2. Treat Me with Dignity

Don't infantilize me with "kid speak". Treat me like an adult, not a child.

## 3. Include Me in Conversations

If you want to know something about me, ask me.

## 4. If I Think You are Another Person, Don't Be Offended.

If I think you are another person, smile, be kind and play along. You might look like someone I know or I simply want to talk to you.

## 5. Be Willing to Enter into My Reality

My facts may not agree with yours, but but they are real to me.

## 6. Help Me Remember You

When I see you and don't recognize you, tell me who you are.

## 7. Be Patient

I need more time to think, respond and react.

## 8. Have Realistic Expectations

My short term memory comes and goes.

## 9. Help Me

I still enjoy my independence, but may need help when I am out in the community.

## 10. If I Am Lost

Call 911 and stay with me until help arrives.

To learn more, visit us at [www.dementiacarepb.org](http://www.dementiacarepb.org)

