

Visiting Dementia Family/Friends Principles 1-pager

Based on Demon Dementia & Adaptive Angels song

<http://www.stevelong.longmemories.info/demon-dementia-adaptive-angels/>

VISITING PRINCIPLE #0: CONSIDER INVITING/TAKING A FRIEND ALONG

- helps with conversation;
- many principles below are easier with a partner; share this in advance

VISITING PRINCIPLE #1: STEP INTO THEIR REALITY

- memories can fade, challenging all of us... ASK GOOD QUESTIONS (FEWER FACTS AND MORE OPINIONS.)
- sometimes fill-in fiction & dreams result in confabulation, raising questions of fact vs. fiction... DON'T TRY TO CORRECT THEM – *"THE WORD 'NO' STOPS THE FLOW!"*

VISITING PRINCIPLE #2: GO WITH THE FLOW

- keep atmosphere friendly/jolly/enjoyable
- use **"Yes and"** to start improvising **plus alerting others who might be in the room about what's going on...**

VISITING PRINCIPLE #3: MINIMIZE COMPLICATIONS

- divert attention or separate the person from specific situations that may prove embarrassing for them or others
- when having trouble finding the words or phrases, help out with new prompts: [*"Honey, I need something..." "Ok, can you tell me more about it?" Or "Could you show me what you do with it?"*]

VISITING PRINCIPLE #4: COME PREPARED BY CREATING, ASSEMBLING AND TAKING YOUR "MEMORY CAREBAG"

- find a tote or other container for the items below
- assemble items the person you're visiting might enjoy, such as: pictures/photo album, songs you can listen to and/or sing together (bring the device to play them on too!.) coloring book/crayons; book of jokes; materials for other activities you'd enjoy doing together;

WISHES FOR YOU: may **"Yes and"** experiences and other Adaptive Angel efforts become second nature; may joy fill the hearts of all involved; may the peace that passeth all understanding be with you and those you love, both now and forevermore...

See <http://www.stevelong.longmemories.info/visiting-dementia-family-friends/> for more thoughts and helpful webpages