

Tier 1 Dementia Awareness Training Unit 5 Worksheet

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Unit 5: Talking and listening to the person with dementia

Unit 4 explained the impact that dementia can have on people and it discussed some of the emotional and behavioural aspects of dementia.


Unit 5 will build on what you learned in Unit 4 by raising your awareness about how to develop effective communication skills when talking & listening to people with dementia.

Objectives of the unit:


By the end of this unit you will be able to:

- ✓ Explain how communication is affected when the person has dementia
- ✓ Describe some of the communication tools that can be used to help people with dementia
- ✓ Discuss top tips for talking and listening to people with dementia
- ✓ Explore ways to improve your own communication skills

Activity: How do you communicate with the person with dementia?


Health Education England

Activity: How do you communicate with the person with Dementia?



People with dementia are always communicating with us, the question is:

- Are we always listening?
- How do you interact with people who have dementia?
- Please share some examples from your personal or professional experience.

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Write your thoughts here:

Pause & think: Communication tips: Take time and focus. How do you think this may help?


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Communication Tips

Take time & focus



- ✓ Smile
- ✓ Take your time
- ✓ Be calm
- ✓ Focus
- ✓ People with dementia will look for social clues when interacting.

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Write your thoughts here:

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Pause & think: In what ways could you improve the way you speak to people with dementia?


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Communication Tips

How to speak




- ✓ People with dementia may take time to process verbal conversations
- ✓ Use shorter sentences – chunking
- ✓ Speak slowly & clearly
- ✓ Avoid raising your voice
- ✓ Check for hearing aids & make sure they work
- ✓ Speak at the person's at eye level

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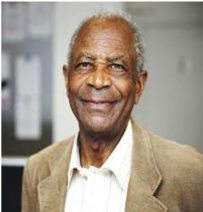
Write your thoughts here:

Pause & think: How could you improve what you say when you speak to people with dementia?


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Communication Tips

What to say



- ✓ It is important to dignify people with dementia by speaking to them in a respectful way.
- ✓ [Hello....my name is....](#)
- ✓ What would you like to be called?
- ✓ What is your preferred name?
- ✓ Is it OK if I talk to you about.....

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Write your thoughts here:

Video presentation: After watching this short video, what are some of the tips that you plan to use when talking and listening to people with dementia?



Write your thoughts here: