

QUICK TIPS

Redirection Ideas in Dementia Care

Redirection is a gentle way to guide someone living with dementia away from distress, frustration, or unsafe situations without arguing or correcting. It works best when it feels natural, respectful, and unforced. Effective redirection helps preserve dignity, reduce anxiety, and keep everyone calmer and safer.

Helpful reminder: Always try to acknowledge the emotion first before redirecting (e.g., “I can see you’re feeling worried”).

Engage the Senses

- Play favourite or era-specific music
- Offer a warm drink or a familiar snack
- Step outside for fresh air or sunlight
- Use comforting textures (soft blanket, plush toy, fidget blanket/muff, pet therapy)

Tap Into Familiar Roles

- Offer simple, purposeful tasks
- Ask for help with folding towels, setting the table, or sorting items
- Invite them to “teach” you something they once knew well
- Ask them to tell you about their past hobbies or work

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Use Visual or Memory Cues

- Look through past photo albums
- Play videos of their favourite animals on YouTube
- Talk about familiar places they visited using past souvenirs or images
- Use objects connected to past memories such as awards

Change the Environment

- Move to a different room
- Reduce noise, clutter, or crowds
- Adjust lighting based on comfort
- Go outdoors for a walk or stroll

The main goal with redirection is to do whatever works. If your attempts at redirection don't work, take a pause and try again later, or consider having someone else step in to support you. Sometimes the need is for reassurance or rest rather than redirection.

For additional ideas or support, please reach out us at
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