

QUICK TIPS

Helpful Visiting Tips for Family & Friends from Out of Town

Your visit matters. Being together can be meaningful and comforting, especially when visits are calm, familiar, and flexible.

Before Your Visit

- Adjust expectations. Your loved one may have changed since your last visit.
- Check with the primary caregiver about the best time of day, visit length, and anything that may cause distress.
- Keep visits short. Quality matters more than quantity.
- Bring something familiar, such as photos, favourite music, or a special treat.

During Your Visit

- Introduce yourself gently, even if you think they should remember you.
- Avoid correcting or quizzing. Focus on connection, not memory.
- Use Therapeutic Reasoning™ when needed. If they can no longer understand your reality, respond in ways that help them feel calm and reassured. For example: "Your parents are doing just fine."
- Follow their lead. Whether they want to chat, sit quietly, take a walk, or repeat stories, meet them where they are.
- Watch for signs of fatigue or distress. If they become restless, withdrawn, or upset, it may be time to pause or end the visit.
- Use gentle redirection if they become worried or distressed.

Helpful Communication Tips

- Speak using short, simple sentences.
- Slow down and allow extra time for responses.
- Use warm facial expressions, smiles, and calm body language.

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- Focus on feelings rather than facts.
- Validate emotions. For example: "That sounds frustrating." or "I'm sorry you're feeling this way."

What to Avoid

- Asking, "Don't you remember me?"
- Talking about losses, death, or what they used to be able to do.
- Arguing, correcting, or trying to prove you're right.
- Multiple conversations at once.
- Sudden changes to routine.
- Staying longer than their energy allows.

After Your Visit

- If they forget who you are—or that you visited—it doesn't mean your visit wasn't meaningful.
- Check in with the primary caregiver. Your encouragement and compassion can mean a great deal.
- Instead of offering advice, ask, "How can I support you?"

Most Important to Remember

Watching someone you love change is never easy. Even when memories fade, emotions remain. Your calm presence, kindness, and patience can leave a lasting positive impression.

Feel free to reach out to us for personalized support.

Contact us at Info@DementiaSolutions.ca