



Fridge Tips

to improve communication and connection

Mindset Tips from caregivers to caregivers:

- Be a FRIEND, not a Boss!
- Perception is Reality – Join them in their reality.
 - Quality time trumps “who is right”
- Expect nothing, praise everything
- Remember the power of music, a hug or simply holding their hand.
- Stop swimming against the current, it’s exhausting. Stop correcting, arguing and fighting. There is no cure so stop thinking you can fix it and shift to an empathy mindset
- They are doing the best they can
- This a marathon, conserve your energy

Ways to create positive emotions

- Validate (repeat concerns)
- Re-assure (I understand...meet them in their emotion)
- Redirect (compliment something in the now, put on music)

Strategies

- Eye contact is always best
- Listen with understanding and intent
- Limit your conversations to short, simpler sentences
- Make them the star!!
- Hate the disease, not the person
- Suggest vs demand; Make a suggestion vs open-ended options
- Reminisce

Understanding a challenging expression or need:

- Ask questions
- Look for patterns - ex: what time of the day does irritation occur?
- Be positive – you LO/client can sense inflections and tones
- BREATHE

