

# SMALL CHANGES THAT CAN BE MADE TO HELP INDIVIDUALS LIVING WITH DEMENTIA

- 1 LET GO OF EXPECTATIONS**

Letting go of expectations can help alleviate the stress and frustration that caretakers may feel when the individual with dementia cannot perform certain tasks or acts in a way that is not expected from them.
- 2 CREATE OPPORTUNITIES FOR INDEPENDENCE**

Letting the individual perform some safe tasks for themselves fosters a sense of independence that can help promote empowerment.
- 3 SET A FIXED ROUTINE**

Include activities that resonate with the individual, like reading or other hobbies. Schedule activities like meals, medication, personal hygiene, or exercise.
- 4 MUSIC THERAPY**

Playing music can help calm an individual living with dementia and can help promote positive feelings.
- 5 LIGHTING**

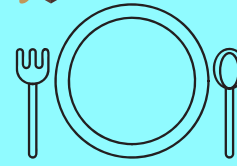
Keep rooms well lit, shadows can be mistaken for someone or something that might frighten an individual living with dementia.
- 6 MAKE SURE THAT ITEMS ARE EASY TO FIND**

This can be done by placing sticky notes on drawers and cabinets that state what is located inside.
- 7 NOISE LEVELS**

When an individual who is living with dementia is in a space where there are several sounds, it may provoke feelings of agitation or disorientation.
- 8 CHECK THE FLOOR SPACE**

Make sure the ground is clear from any items the individual may trip over. Tripping over items like rugs, cords, or other items can cause serious injury.
- 9 ONLINE RESOURCES**

Caregiver support programs are offered online and serve as a great resource to help promote caregiver wellbeing.



## FOR MORE INFORMATION ON CAREGIVER SUPPORT PROGRAMS

Delaware County Office of Services for the Aging:  
610-490-1300 or toll-free 800-416-4504  
Monday through Friday 8:30 am to 4:30 pm