



10 Tips for Families Supporting Loved Ones with Dementia



These simple reminders can help you create meaningful moments and provide compassionate care every day.

- 1 Announce yourself warmly.
- 2 Enter their world – embrace their reality.
- 3 Avoid arguments over “truth.”
- 4 Don’t take memory lapses personally.
- 5 Support independence any way possible.
- 6 Validate feelings with patience and touch.
- 7 Respect their dignity.
- 8 Keep favorite activities and joy alive.
- 9 Encourage storytelling and memories.
- 10 Look for the cause behind agitation.

At The Arbor Company, we know every family’s journey is unique, and you don’t have to walk it alone.



Scan the QR code to watch a brief video with more information on how to support your loved one with dementia.