

10 Tips for Caring for a Parent with Dementia at Home

1

Create a Safe and Comfortable Home Environment: Make simple home adjustments to reduce risks and help your loved one feel safe, supported, and at ease.

2

Provide Brain-Healthy Activities: Engage your parent with simple, meaningful activities that stimulate their mind and lift their spirits.

3

Help With Personal Care and Hygiene: Support daily care tasks while preserving your loved one's dignity and independence as much as possible.

4

Encourage Light Physical Activity: Incorporate gentle movement into their day to promote wellness and reduce stress or agitation.

5

Assist With Medication Management: Help keep medications organized and on schedule to support their health and avoid missed doses.

6

Offer a Healthy, Balanced Diet: Ensure they get the nutrition they need by offering small, easy-to-eat meals throughout the day.

7

Maintain a Consistent Daily Routine: Create and stick to a daily schedule to reduce confusion and bring a sense of stability and calm.

8

Use Simple, Clear Communication: Speak gently and clearly, giving time for responses and focusing on connection over correction.

9

Try to Remain Patient and Supportive: Stay calm and compassionate, even during difficult moments, remembering that their behavior is not personal.

10

Watch for Signs of Pain or Discomfort: Look for nonverbal cues that something may be wrong, and consult a doctor if concerns arise.