

# How to visit someone living with dementia

Often, when we visit someone living with dementia, we treat it like any other care setting. But it's not. Sometimes people fall into the routine of a care setting like hospital. Understanding how to visit your loved one living with dementia can make it a meaningful experience for both of you. Here, Tamar Krebs, Founder and Executive Director of GHA shares a few tips to help create cherished moments when visiting your loved one.

## What did you do today?

When visiting your loved one, you may ask "what did you do today?". For someone living with dementia, it may be a challenge to answer. At GHA we encourage families to check in with the Homemakers during their visit and find out what their loved one did that day. This can create an opportunity to prompt your loved one, rather than asking an open question.

## Bring something to do

Bringing something to do with your loved one like a family photo album to look through or a favourite book to discuss, can create an opportunity to connect in a meaningful way and help you to prompt your loved one's memories.

## Do something together

Using the time with your loved one to do



something together may create a purposeful experience for you both. Taking the time to do some gardening or even cooking a meal can help you to engage and connect.

## Enjoy the experience

Finally, don't put too much pressure on yourself or your loved one. Just try to enjoy the experience and take each visit as it comes.

At GHA we find that using these tools can create a more meaningful and engaging visit for both you and your loved one.



Find out more  
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