



Dementia and the family: Download and do

Ways to show you care

This activity will help you and the family to:

- Understand the impact that your own behaviour can have on your loved one
- Realise the benefits of simple, positive behaviours (ways to show you care)
- Recognise times when you need to be especially aware of gestures, kindness and considerate behaviours
- Identify more ways to show you care

Take each of the *ten ways to show you care* (p.7) in turn. As a family, fill out the table below (an example has been completed for you). What other *ways to show you care* can you come up with?

Ways to show you care	Impact on loved one	Opposite (negative) behaviour	Impact on loved one	When might this happen?	Tips and notes
<i>Being 'present' in the moment</i>	<i>Feelings of contentment; improved interaction and better able to enjoy activities</i>	<i>Being distracted and thinking about other things when spending time with loved one</i>	<i>Agitation and restlessness; feelings of not being worthy of 'family time'</i>	<i>During visits to loved one's home; when out and about; doing activities together; during conversations</i>	<i>Make sure that phone is switched off / on silent and limit other distractions</i>



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