

DEMENTIA CARE

KEY TIPS & TOOLS



15 DE-ESCALATION strategies

- Provide Space
- Involve Family or Friends
- Use Non-Verbal Cues
- Reassure
- Use Team Approach
- Redirect Attention
- Assess Triggers
- Use Humor
- Remain Calm
- Use Active Listening
- Use Verbal Communication
- Practice Empathy
- Demonstrate Respect
- Offer Choices
- Acknowledge Feelings

R Rule out. Acute illness & pain.

E Engage the senses. Music, snacks, lavender, photos.

S Soothe. Check for noise, temperature & stimulators.

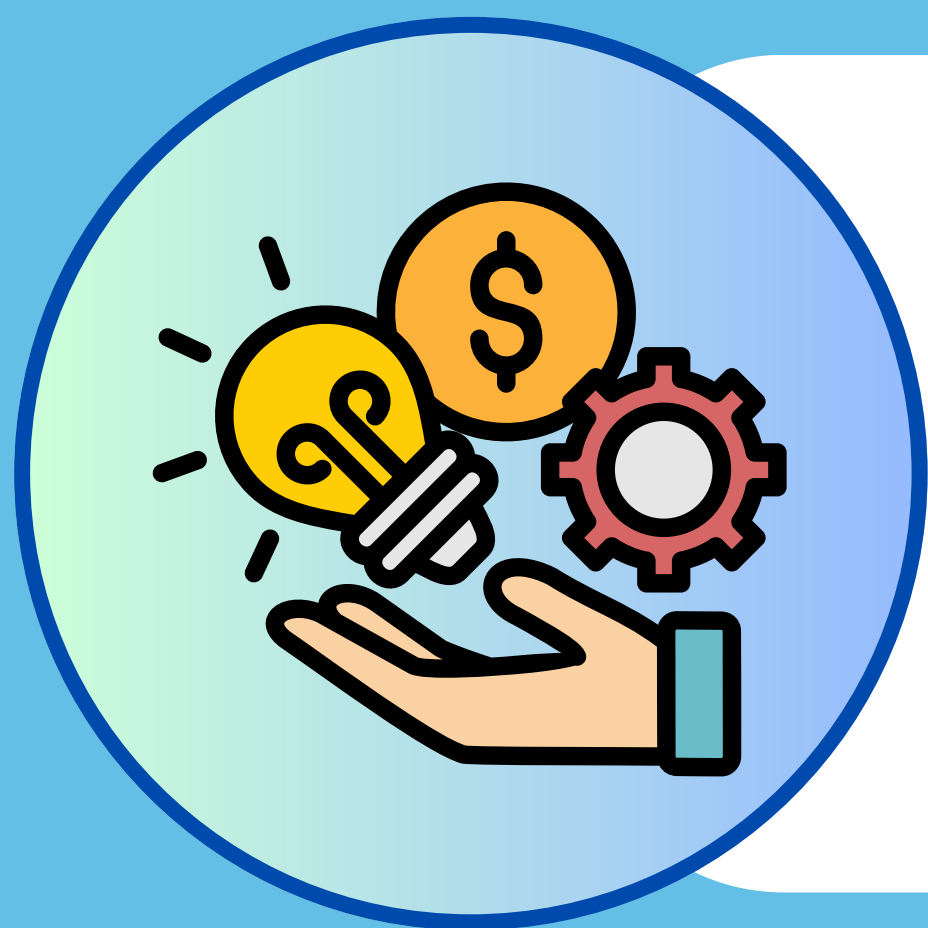
P Practice Calm. Be at eye level, give space or step away and get help.

O Offer things they like to do. Art, share memories, help with a task

N Never argue, confront or correct. Don't take it personally.

D Dance, move, exercise, go outside.

RESPOND



De-Escalation Toolkit

Teepa Snow Dementia Care

Training Videos