



R Rule out

Acute illness & pain.

E Engage the senses

Music, snacks, lavender, photos.

S Soothe

Check for noise, temp & stimulators.

P Practice Calm

Be at eye level, give space or step away & 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.

How You **RESPOND** Matters

People living with Dementia
often reflect their environment.

Create a calm, predictable,
safe place.

