

SHOWING RESPECT

How you talk to a person with memory problems can make a big difference in how they feel about themselves. They may be embarrassed if you ask them questions they can not answer. Open-ended questions are better than questions that require a specific answer. They may feel bad if you remind them that they already asked you or told you the same thing. They may feel bad if you criticize them for pacing or doing other repetitive behavior. Sometimes it does not take much effort to give people a sense of dignity about themselves. Sometimes it is as simple as how you say something. In the left column are statements you should not say. Instead, say the statements in the right column.

<u>DO NOT SAY</u>	<u>DO SAY</u>
1. What did you have for lunch today?	1. How was lunch today?
2. What time is it?	2. The day is really going fast, isn't it?
3. What did you do today?	3. How are you doing?
4. Was today difficult?	4. How was your day?
5. What would you like to do now?	5. Would you like to take a walk?
6. Who is that person sitting over there?	6. That person looks nice. Let's go meet him.
7. Do you know who I am?	7. Hi. I am happy to see you.
8. You just told me that.	8. That is interesting. I did not know that.
9. I already know that.	9. Thanks for telling me.
10. What kind of music do you like?	10. Do you want to listen to some music?
11. We talked about this last time.	11. That sounds interesting. Tell me more about it.
12. I just explained that.	12. Let me show you.
13. I know how to do that.	13. That is a good idea. I will have to try it.
14. What did you do today?	14. Did you have a regular day today?

15. What kind of work did you do?	15. You must have been good at your work
16. Did you eat yet?	16. How was dinner?
17. How many times have you walked back and forth today?	17. It looks like you are doing a lot of walking. Can I join you?
18. Have you been walking all day?	18. It looks like you have been walking a lot. You must be in better physical condition than I am.
19. How did you think of that?	19. What a good idea. I wish I had thought of it.
20. Why are you asking me that?	20. That's an interesting question. I did not think about it before.
21. You asked me that already!	21. I really do not know. What do you think?
22. You know I can not do that. Why are you asking me?	22. I wish I could, but I can not.
23. Please stop doing that.	23. I would like to have a cup of tea. Would you like to join me?