

10<sup>th</sup> World Congress on

# ALZHEIMER'S DISEASE & DEMENTIA

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## Practical communication skills for dementia care partners

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The number of individuals around the world affected by dementia is growing. To address the looming crisis of dementia, there is a tremendous need to increase knowledge of dementia and awareness of early warning signs and help people learn skills to communicate and interact effectively with a person who has dementia. This workshop will increase awareness of dementia and its symptoms and will teach basic communication techniques to people who care for individuals living with dementia. Participants will have the opportunity to practice specific techniques on how to connect and approach a person with dementia using both verbal and non-verbal cues. Increasing basic knowledge and communication skills of care partners will lead to interactions with better outcomes, will improve quality of life for everyone involved, and will allow people living with dementia to continue to live full lives for as long as possible. By the end of this workshop participants will be able to: recognize the differences between normal and not normal aging, describe how dementia affects the brain, demonstrate specific communication, cueing and approach techniques and appreciate how it feels to be living with dementia.

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