

How Can I Make A Difference For Those Living With Dementia?



**YOU DON'T NEED SPECIAL TRAINING.
YOU DON'T NEED PERFECT WORDS.
YOU SIMPLY NEED A WILLINGNESS TO CARE.**

*WAYS YOU CAN MAKE A DIFFERENCE —
RIGHT WHERE YOU ARE*

In Independent & Assisted Living

- Sit with someone who may feel unsure in social settings
- Invite them to join you for a meal, activity, or short walk
- Offer patience with repeated questions or stories
- Create a space where confusion or memory changes are met with understanding
- Help others feel accepted, included, and safe

In Memory Care

- Sit and visit — conversation or quiet companionship both matter
- Read aloud from a book, poem, devotion, or newspaper
- Listen to music together or sing familiar songs
- Look through photos, magazines, or memory books
- Share simple activities like puzzles, folding towels, or art
- Bring your interests — music, storytelling, faith, gardening, crafts — and share them

Helping the Caregiver

- Spend time with a person living with dementia so their caregiver can take a break
- Offer reassurance and encouragement
- Listen with compassion and without judgment
- Remind caregivers they are not alone and that their efforts matter
- A small act of kindness can make a heavy day feel lighter

You Belong in This Work

When we give our time and care to those who may not be able to give back, we live out one of the **purest forms of love**. By treating others as we would hope to be treated and coming alongside our friends and neighbors, we help create a **true, caring community**.