

Part 9 - Tips for Visits

Communicating with individuals with dementia can be difficult, however there are many strategies that family caregivers can use to improve the quality of their visits.

Guide: look at the "[Tips on How to Interact with a Person with Dementia](#)" factsheet to learn more about how to interact with your relative with dementia.

- Pick one or two activities from the factsheet and try them at your next visit with your relative
- Use this space to write about what worked, and what didn't work with the activity you chose

Remember: Individuals with dementia can experience frequent changes in mood, therefore an activity that did not work today, may work another day and vice versa. For this reason, it is important to keep trying the activities and tracking which ones you used.
