



Environment

- Clutter free living space and walkways
- Sturdy chairs that support safe sit to stand movement
- Natural light and lamp lighting that supports day/night orientation
- Minimize overlapping noises (televisions, radios, cell phones, etc)
- Easy to access props & tools for impromptu activity or distraction use



Communication

- Refrain from asking "Don't you remember?"
- Speak clearly while maintaining eye contact
- Be mindful of negative body language & tense conversations
- Refrain from 'baby talk' & slang speak
- Hugs, Handshakes & Smiles are Free! Use them often!



Nutrition

- Fresh is Best!
- Maintain a robust hydration schedule
- Support independence by adapting the food as needed
- Use colored dishware
- Offer nutrient dense foods & snacks, high in protein & fiber



Engagement

- Tailor activity that honors past life experiences, hobbies & interests
- Passive engagement is still valuable & encouraged
- Impromptu & brief moments of activity have high impact!
- Successful activity is in the 'doing'. It's okay if the outcome isn't perfect
- Raise the bar! You'll be amazed how well folks respond to the challenge