



Avoiding Arguments

Alzheimer's

“No one has ever won an argument with a person with Alzheimer’s.”

Alzheimer's and related dementias affects a person's ability to communicate with you and to understand what you are communicating with them. It will require you to shift the way you communicate.

Avoid

- Correcting
- Coercing
- Convincing
- Reasoning

These types of interactions may have worked in the past, but now will likely lead to arguments.

Tips

- **Agree** – It may not be ‘true’ in our reality, but it is real in theirs. Listen and respond to the emotion behind the statement. The emotion is always true. “I can see how you think that!” or “I would feel the same way if that happened to me.”
- **Apologize/ Reassure** – “Oh, I’m sorry, I didn’t understand it that way.” or “I see I upset you – I was wrong.” or “Don’t worry I’m going to take care of it!”
- **Distract** – Bring their attention away from what is causing them to be upset. “Will you help me get the mail?” or “I think the baseball game is on.”

This is just one of many new techniques you can include in your interactions which can help make the road a bit smoother.



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For more information, visit www.BannerAlz.org
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