A SIP OF MDTEA PODCAST EPISODE 4

## **COMMUNICATING IN COGNITIVE IMPAIRMENT**

- **KNOW THE PERSON** 
  - Use their 'This Is Me' document
  - What do they enjoy can you incorporate this?





KNOW WHAT YOU'RE ASKING

- Closed questions may be helpful - Could you rephrase it?

- Direct the conversation non-confrontationally

- **OPTIMISE SENSORY** 3 **IMPEDIMENTS** 
  - May rely on glasses to help lip read.
  - May use visual clues as to who you are / what the conversation is about.
  - Can they hear you?





- Be conscious of the tone of your voice and your facial expressions.
  - Raising your voice may sound threatening.
    - Smile. Be nice. Be patient.
- **YOU** NEED TO ADAPT
  - Before hand, think: what deficit might they have?
  - How will you work around that?
  - It is your responsibility to find another way to make the communication work, not theirs.



The MDTea Podcast provides Education on Ageing for all healthcare professionals working with older adults

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