We need to take a holistic approach to care & support for individuals living with dementia. This means thinking about the possible range of interventions: medical, social & psychological. There will never be a one size fit all, but some interventions may be applied more effectively at different stages, and with different people as we are all unique and individual.

Consider the aim of the intervention; to meet emotional needs, to compensate for difficulties, or to respond to challenging communication.

Find ways to support self-identity, make changes to physical & social environment.

Know how the intervention meets the range of psychological needs.

Focus & build upon strengths.

Consider consent & capacity, involve, engage & foster autonomy.

Use sensory triggers to help prompt memory.

Always understand perspective, develop empathy & connect.

Identify the feelings that the person is trying to communicate & respond.

Consider how medication might help or hinder the intervention.

Use the environment well to enhance engagement, & minimise distress.

Use life history in context of intervention, it will also aid communication.

Know the power of the arts. Use them well to soothe, engage & foster communication.

Know the power of intrinsically generated goals, & its impact on well being.

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Monitor the effectiveness of different interventions – use appropriate observation tools.

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