



alzheimer's
caregiver institute™

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TEN ABSOLUTES

ABSOLUTELY NEVER!

1. ARGUE	instead	AGREE
2. REASON	instead	DIVERT
3. SHAME	instead	DISTRACT
4. LECTURE	instead	REASSURE
5. SAY "REMEMBER"	instead	REMINISCE
6. SAY "I TOLD YOU"	instead	REPEAT/REGROUP
7. SAY "YOU CAN'T"	instead	DO WHAT THEY CAN
8. COMMAND/DEMAND	instead	ASK/MODEL
9. CONDESCEND	instead	ENCOURAGE/PRAISE
10. FORCE	instead	REINFORCE

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Raising the standards of Alzheimer's care

Changing... Chaos to peace Tears to smiles Struggles to loving memories