

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

The Ten Absolutes for Alzheimer's Caregiving

Never Argue, instead **Agree**

Never Reason, instead **Divert**

Never Shame, instead **Distract**

Never Lecture, instead **Reassure**

Never say "Remember," instead **Reminisce**

Never say "I told you," instead **Repeat**

Never say "You can't," instead **"Do What You Can"**

Never Command or Demand, instead **Ask or Model**

Never Condescend, instead **Encourage and Praise**

Never Force, instead **Reinforce**