

# Ten tips to help you communicate with a person with dementia and sight loss

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working together

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The advice given here will help you feel confident about talking to a person with dementia and sight loss.

- 1 Gain an understanding of the effects of the eye condition(s) and position yourself to minimise their impact.
- 2 Ensure the 3 C's - correct, clean, and current glasses are worn.
- 3 Minimise "visual noise" by wearing block colours and minimal accessories.
- 4 Gain the person's attention by saying their name first and/or by a gentle touch on the arm.
- 5 Introduce yourself and what you do.
- 6 Tell the person when you are moving away from them or leaving the room.
- 7 Speak clearly using simple, short sentences, giving only one idea, question or instruction at a time.
- 8 Follow the OWL principle - Observe, Wait and Listen for responses.
- 9 Ask if guidance or support is required and provide in a consistent manner.
- 10 Provide information in an alternative/accessible way such as audio, large print or braille.