The 10 Absolutes of 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 and Regroup
Never Say “You can’t …” Instead Find Out What They Can Do
Never Command or Demand Instead Ask and Model
Never Condescend Instead Encourage and Praise
Never Force Instead Reinforce

Courtesy of: www.alzheimershope.com

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