

Communication Tips for LBD

Set the stage for successful communication

- Turn off background noise.
- Ensure good lighting.
- Everyone should wear any prescribed glasses or hearing aids.
- Talk face-to-face at eye level.

Present a calm demeanor

- Maintain a calm expression.
- Keep a relaxed body posture.
- Use a pleasant tone of voice.
- Speak only as loud as is necessary.

Make your speech easier to understand

- Use specific words and names, rather than vague terms.
- When you pause, pause for an extra second or two.

Signs someone may be having trouble understanding

- Leaning forward.
- Watching your mouth.
- Furrowing their eyebrows or looking confused.
- Responding to your comments by saying the wrong things.

Simplify your speech

- Use shorter sentences and fewer words overall.
- Repeat what you said using the same words, but a little more slowly.
- Say it in a different way.
- Point to what you're talking about.
- Write down the key words.
- Ask Yes-No questions rather than WH-questions (who, what, where, when, why, how).
- Offer a choice of two.

Hallucinating, delusional, disoriented, or agitated?

- Remember to stay calm in body, facial expression, and tone of voice.
- Step into their reality.
- Validate their concerns.
- Provide reassurance.
- Offer to help.
- Gently try to distract or redirect. Or, go along with it.
- Don't argue or try to force them to see things your way.
- If they are aware they hallucinate, it's okay to say that their eyes are playing tricks on them, if that doesn't cause distress.

Learn more about Lewy body dementia:

- Lewy Body Dementia Association: (800) 539-9767 <https://www.lbda.org/>
- National Institutes of Health: <https://www.nia.nih.gov/health/topics/lewy-body-dementia>
- More resources: <https://eatspeakthink.com/communicate-better-lewy-body-dementia>

Source:

- Ferman, Tanis J.. "Behavioral Challenges in LBD." *YouTube*, uploaded by LBDAtv, 9 October 2013, www.youtube.com/playlist?list=PLA14B6DD06C7A13F2.