



# Tips for Practice: Understanding Dementia

- Remember that dementia is an umbrella term that describes a set of symptoms and is not limited to just cognitive changes. Dementia also includes changes in physical abilities, sensory perception, emotion, and behaviour.
- Be observant of the signs and actions that may indicate a person has cognitive challenges.
- Every person living with dementia is unique. Talk to the person living with dementia to understand their unique abilities and challenges.
- If you have a standard assessment, check to ensure it gathers the information relevant to people living with dementia. Referring to [“Planning for I can” by Late Life Training](#) may be helpful.
- Think about what a person might experience in the program or environment (for example, sounds, sights, smells) and consider how it can be changed to support persons living with dementia.
- Be patient with your participant and yourself, figuring out the right way to help each person and minimize frustrations, will take time.