



Connections Matter®

Communic8 for Dementia

Dementia Support Topics

Grief, Loss and Dementia

Supporting someone living with dementia can be difficult and emotional, so it's important to express our feelings of loss and anger in a supportive environment.

In this session we talk about the importance of self-restoration and what that means for the supporting role. We will also discuss relaxation and how that can help the person who is living with dementia.

Just Talk

Do you ever have the feeling that you just want to talk to someone, without any pressure, questions, or misguided advice? Do you feel you're making mistakes along the way and just want to find some reassurance? Then this is the topic for you.

Do one session or save and book a package of 5, 10, or 20 sessions to have someone to talk to on a regular basis. We're here for you, and we have personal experience with dementia and know the pain. Tears are quite okay. No judgement. This session is available online or by phone. Sessions are available for couples, individuals, families, or friends.

The Obstacles in Knowing the Person

How well we know someone can be of great significance to how we relate in the present, but sometimes this historical relationship can interfere with our ability to connect in the moment.

Through reflection on what it means to connect with another and reflecting on our knowledge of the person now living with dementia, we will discuss the importance of how relationships develop and are maintained over time and what we need to do to connect in the present.

Communicating and Connecting

Language and how we use it is an important component of our interactions, from the words we use, the tone, and how we express ourselves physically. All these can affect our connection with another person, so it's more than just what we think we are communicating and how well we know the person.

In this session we discuss:

- How our use of language can affect a person living with dementia
- How our pace and manner need to change to meet the changing needs of the person living with dementia
- The subtleties of communication that make a difference.

Improv. & Relationships (previously *Offering, Blocking or Accepting*)

Explore how simple Improvisational Drama techniques can offer important skills and can be adopted to help our relationships. Discovered in Dr. Kruger's research, learn techniques through video observation to improve your communication and connection with people living with dementia. You may be missing some clear signs of communication and disconnection.

Critical reflection

What is critical reflection and how do we incorporate this into our daily lives? Being self-aware is crucial to improved relationships, personal and professional, however knowing how to critically reflect is a learned skill.

In this session you will:

- Learn what it means to critically reflect on your relationships
- Learn how your contributions to an interaction can influence another, for better or worse
- Learn the importance of talking in a safe environment.

[Email](#) us @ **Connections Matter** to book any of the topics above or to discuss your dementia support interests and needs.

For the most comprehensive support **Connections Matter** offers, see [Exploring Interactions](#) and [The Relational Experience](#) available [here](#).

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