



Avoiding Arguments

**No one has ever won an argument
with a person with Alzheimer's.**

Alzheimer's affects a person's ability to communicate with you and to understand what you are communicating with them.

It will require you to re-learn & re-frame the way you communicate.

Avoid:

- Correcting
- Coercing
- Convincing
- Reasoning

These styles of interaction may have worked in the past, but now they will lead to arguments.

Instead:

- **Agree** – It may not be 'true' in our reality, but it is real in theirs. Listen and respond to the emotion behind the statement. The emotion is always true. "I can see how you think that!" or "I would feel the same way if that happened to me."
- **Apologize/ Reassure** – "Oh, I'm sorry, I didn't understand it that way." or "I see I upset you – I was wrong."
- **Distract** – Bring their attention away from what is causing them to be upset. "Will you help me get the mail?" or "I think the baseball game is on!"

This is just one of many new techniques you can include in your interactions which can help make the road a bit smoother.