

## **D.1(a) Dementia Australia: *Doing Stuff Together***

### **Understanding to engage**

- history
- interests
- ability
- importance of non-verbal communication

### **Planning to engage**

- try not to take over the activity
- choose an activity that has a sense of purpose
- ensure the activity meets the ability
- go from simple tasks to more complex
- break down tasks into steps
- being in the moment is important, not the outcome

### **Really engaging**

- invite the person to participate
- offer choices where possible and communicate these clearly
- re-establish eye contact, gently touch their hand, invite them to help
- end the activity “Did you enjoy doing this?”
- be prepared
- don’t correct mistakes

### **Benefits of engaging**

- spending quality time with the person
- reducing distressing behaviours
- maintaining dignity
- improving the person’s well-being
- providing a meaningful and enjoyable experience