

Rethinking Our Words: Communication Strategies for Alzheimer's and Other Dementias

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Effective communication is central to quality Alzheimer's and dementia care. Behaviors often labeled as "agitation" or "problematic" are frequently normal responses to unmet needs, environmental stressors or ineffective communication. The use of "elderspeak" and misinterpretation of behavioral expressions can escalate distress and reduce dignity. By replacing stigmatizing language with respectful, person-centered communication and implementing nonpharmacologic strategies such as structured routines, calming environments and active listening, healthcare professionals can better support individuals living with Alzheimer's and dementia. This session will help provide strategies for clinicians in recognizing behavior as communication and applying practical tools to help reduce distress and enhance person-centered care.

Following this presentation, the participant will be able to:

1. Identify and avoid elderspeak to maintain dignity in communication.
2. Recognize behavioral expressions as valid forms of communication.
3. Implement environmental modifications to help reduce aggression triggers.
4. Apply person-centered strategies to enhance care and support.

The Brookdale Continuing Education (CE) Series is a pre-recorded webcast. • This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed. • Email cesupport@brookdale.com for more information about contact hours. • This activity is pending approval for social worker credit. • This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour. • Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221. • This activity has been submitted to Emergency Nurses Association for approval to award contact hours. Emergency Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Pending Approval for 1.0 CMC CE from NACCM.