

Elements of Friendship and Alzheimer's Care

Friends Know Each Other's History and Personality

In Alzheimer's care, a Best Friend

- Becomes the person's memory
- Is sensitive to the person's traditions
- Learns the person's personality, moods, and problem-solving style

Friends Do Things Together

In Alzheimer's care, a Best Friend

- Involves the person in daily activities and chores
- Initiates activities
- Ties activities into the person's past skills and interests
- Encourages the person to enjoy the simpler things in life
- Remembers to celebrate special occasions

Friends Communicate

In Alzheimer's care, a Best Friend

- Listens skillfully
- Speaks skillfully
- Asks questions skillfully
- Speaks using body language
- Gently encourages participation in conversations

Friends Build Self-Esteem

In Alzheimer's care, a Best Friend

- Gives compliments often
- Carefully asks for advice or opinions
- Always offers encouragement
- Offers congratulations

Friends Laugh Often

In Alzheimer's care, a Best Friend

- Tells jokes and funny stories
- Takes advantage of spontaneous fun
- Uses self-deprecating humor often

Friends Are Equals

In Alzheimer's care, a Best Friend

- Does not talk down to the person
- Always works to protect the dignity of the person, to "save face"
- Does not assume a supervisory role
- Recognizes that learning is a two-way street

Friends Work at the Relationship

In Alzheimer's care, a Best Friend

- Is not overly sensitive
- Does more than 50% of the work
- Builds a trusting relationship
- Shows affection often



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