

Ten Absolutes of Alzheimer's Caregiving

- 1 Never **Argue** // Instead **Agree**
- 2 Never **Reason** // Instead **Divert**
- 3 Never **Shame** // Instead **Distract**
- 4 Never **Lecture** // Instead **Reassure**
- 5 Never say "**Remember**" // Instead **Reminisce**
- 6 Never say "**I Told You**" // Instead **Repeat**
- 7 Never say "**You Can't**" // Instead say what they **Can Do**
- 8 Never **Demand** // Instead **Ask**
- 9 Never **Condescend** // Instead **Encourage**
- 10 Never **Force** // Instead **Reinforce**

