

# MAKE TIME FOR DEMENTIA



## AND HELP ME STAY WELL FOR LONGER

**Small actions make a big difference for people with dementia.**  
**Social contact and feeling part of their community are really important.**  
**So, talk to them as you normally would.**  
**Be patient and don't interrupt or finish their sentences.**  
**Always use kind words and never make jokes about the condition.**

Find out more about how you can support people with dementia at  
[nhsinform.scot/RethinkDementia](https://nhsinform.scot/RethinkDementia)