



Quick Tips Resources

We know dementia care can be challenging, but we'll be with you every step of the way. We help people with dementia and their caregivers live with more joy, dignity, community and independence. We would like to introduce you to our quick tips resources as a great way to get started. Browse topics, watch videos, and download useful tips you can keep and share with others. We are sure you'll find something that is the right fit for your situation. Visit our Quick Tips page at <https://ocfch.org/quick-tips/> and learn how to live the very best life with dementia.

What are Quick Tips?

The Ohio Council for Cognitive Health created Quick Tips to be your first stop for information to assist with some of the most common caregiving challenges related to dementia. Each Quick Tip provide strategies that care partners can apply and modify for their specific situation. Although we recognize that there is no “one size fits all” approach to dementia care, there are some tried and true tools that we hope you will find helpful. Quick Tips are a great place to start — download a handout, watch a video, or read more on our website — whatever format fits best for you.

Who are Quick Tips for?

Anyone who knows someone with dementia can benefit from the information in Quick Tips. For example, one Quick Tips video explains how to communicate more effectively with someone with dementia, while another sheds light on why people with dementia may exhibit unusual or unexpected behaviors. If you are a friend, family member, or healthcare professional, you'll find something that speaks to you that you can try.

How can I access Quick Tips?

You can easily access all of our Quick Tips from one main page: <https://ocfch.org/quick-tips/>

With Quick Tips topics ranging from supporting memory and decluttering to self-care, we have something for everyone, in a variety of formats to make access even easier. You can read a web page, download and print a handout, or watch a short video, and use the information that works for you.

May I share Quick Tips with friends and family?

Yes! Please share this information with others. We all know someone who has Alzheimer's disease or a related dementia. The more we can help each other by sharing information, strategies, and resources, the more equipped we will be to make life better for all of us. The more we learn about dementia, the better we can understand what the person is experiencing. The better we understand what they are experiencing, the more effectively we can support them. When it comes to supporting people with dementia, the family needs to be on the same page. Consider a family group call or virtual video meeting and agree to read and discuss the 2–3 most relevant Quick Tips pages we offer on our website.

May I share Quick Tips with clients or members of my organization?

Yes! In fact, we encourage it! You are welcome to share any of our materials with others. In addition, we may be able to personalize the handouts for you by including your logo. Click here to learn more about this option.



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What Is Dementia?

Learn about the different types of dementia including Alzheimer's disease, the difference between normal aging and signs of dementia, and how dementia is diagnosed.



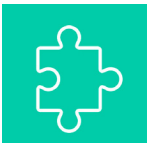
Brain Health

Learn tips to help maintain your brain health and improve memory. There are many easy everyday things you can do to prevent cognitive decline.



Communication Strategies

Learn to use a style of communication that is easier for the person with dementia to understand and follow conversations.



Responsive Behaviors

Make sense of unexpected behaviors and learn how to prevent them. Behaviors are often simply communication about an unmet need by the person with dementia.



Walking About

Learn tips to help understand and prevent walking about. We provide strategies to keep your loved one safe, while being as independent as possible.



Self-Care

When we are caring for others, we often put ourselves last on the care list. Learn some simple ways to restore yourself. Regular self-care can make you a better care partner for others.



Declutter

Learn how to decrease clutter in the home while making the least disturbance to the person with dementia. This will help them to maintain focus and find items they need more easily.



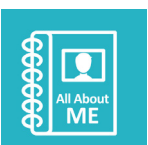
Supporting Memory

Learn strategies to support memory function with those living with dementia. Create a memory center in your home to reduce confusion and foster well-being.



Dementia Friendly Home

Learn simple changes in the home that can make a big difference for you and the person with dementia. We share a wealth of ideas.



Memory Books

Learn how to make a memory aid that will improve communication with someone with dementia. Memory Books foster communication, and help people remember their identity.



Hiring Home Care Help

Learn how to ease the transition to additional care partners. We provide important considerations and questions you can ask to help you find the right help.