

Presence

Printable Dementia Caregiver Toolkit

5 Essential Tips for Dementia Caregivers

These are the five things that make the biggest practical difference in early caregiving — the kind of grounded, actionable guidance you wished someone had handed you on day one.

TIP 01

Anchor each day with a consistent routine

Predictability is calming for someone with dementia. Wake up, meals, activity, and bedtime at the same times daily reduces confusion and agitation. Write it down and post it where you both can see it — the routine becomes its own form of orientation.

TIP 02

Speak in short, calm sentences — and wait

Long explanations overwhelm. Say one thing, wait for a response, then continue. Avoid "don't you remember?" Replace corrections with gentle redirection. When someone is distressed, your tone matters more than your words.

TIP 03

Do a safety walk-through this week

Falls and wandering are two of the most preventable risks. Remove rugs, secure medications, add door alarms, and check the stove. You can't predict every hazard, but a one-hour walk-through with fresh eyes catches most of them.

TIP 04

Sundowning is real — prepare for it

Many people with dementia become more confused or agitated in late afternoon and evening. Dim lighting, reducing noise, and having a calming activity ready (a familiar TV show, folding towels, looking at photos) can ease the transition. Don't schedule demanding tasks after 3pm.

TIP 05

Your sustainability is not optional

Caregiver burnout is one of the leading reasons people with dementia end up in facilities earlier than

planned. You cannot give what you don't have. Rest, ask for help specifically (not "let me know if you need anything"), and give yourself permission to not be okay some days.

WHEN YOU'RE READY FOR MORE

Presence has complete toolkits for every stage of the caregiving journey — from diagnosis through long-term care.

[See the Toolkits !](#)

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