

Don't

- Don't reason or give too many choices.
- Don't argue or explain in detail.
- Don't confront.
- Don't dispute.
- Don't remind the person what they have forgotten.
- Don't ask direct questions.
- Don't stress.
- Don't take it personally.
- Don't **do** the task, instead try to do the task **with** them.

Do

- Ensure the task is within the person's ability to carry out.
- Break the task into small parts, and at each step, explain what needs to be done in simple language.
- Allow enough time to carry out the task.
- Remain calm and helpful.
- Express appreciation when something is achieved.
- Learn to enjoy doing the task, rather than judging the result.

-
-
-
-
-
-
-
-
-