



Communicating With People Who Have AIDS Dementia Complex (ADC)

This fact sheet provides useful information to assist people working with this client group.

Here are some suggestions for communicating with people with ADC:

Consistency is one of the most important aspects of communicating with people with ADC. Try to maintain consistency as well as taking into account the following:

- Talk to the person normally and treat them as an adult.
 - Speak clearly. Be patient, calm and understanding.
 - Don't talk about the person as if they are not there.
 - Face the person directly and speak clearly. Repeat yourself if the person does not understand.
 - Give instructions one at a time. Make them short and clear.
 - Touch is often reassuring.
 - Don't rush the person; allow them time before you offer to help eg. dressing.
 - Try not to confuse the person by overloading them with too much information.
 - Ask, don't give orders. Try and give the person a choice of two options.
 - Listen carefully to what the person is saying. If they appear to be experiencing difficulties in communicating, clues can often be obtained from their non-verbal behaviour and emotional tone.
 - Try to stay calm and patient.
 - Find a place to talk that is free of distractions.
 - Use concrete terms and familiar words.
 - Try not to argue with the person.
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