

STRATEGIES FOR HEALTHY AGEING

A Positive Ageing forum presented by
Older Persons' Mental Health Service (Prince of Wales Hospital)
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Spokesperson: Dementia Momentum

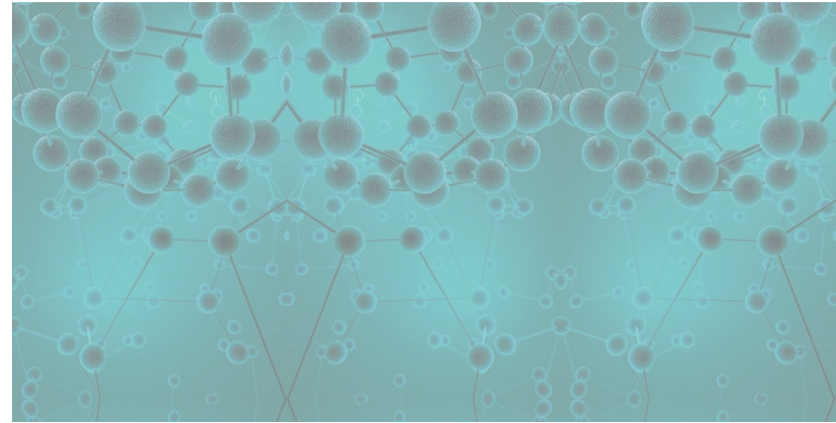


Strategies for Being A Carer



Strategies for Healthy Ageing Public Forum Strategies for Being a Carer

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Strategies for Healthy Ageing Public Forum Strategies for Being a Carer



My Ten Commandments of Behaviour for Walking Beside Suellen

1. Never ARGUE instead AGREE
2. Never REASON instead DIVERT
3. Never SHAME instead DISTRACT
4. Never LECTURE instead REASSURE
5. Never REMEMBER instead REMINISCE
6. Never say "I've already told you" instead REPEAT
7. Never say "You can't" instead say "Do what you can"
8. Never COMMAND or DEMAND instead ASK or MODEL
9. Never CONDESCEND instead ENCOURAGE and PRAISE
10. Never FORCE instead REINFORCE

Strategies for Ageing Well

Older Persons' Mental Health Service, Prince of Wales Hospital