


Giving the Perfect Hug to Someone with Alzheimer's

A simple hug can communicate so much to a loved one with Alzheimer's or dementia; because even as the disease progresses, physical communication continues to be understood, and a loving touch can provide reassurance and comfort to a loved one who may be facing confusion and constant change.

Believe it or not there are some ways to make a hug more meaningful to a person with Alzheimer's or dementia. Consider these tips:



Do approach your loved one from the front and use a visual cue that indicates your intention to hug.

Don't approach your loved one from behind or hug before your face can be seen. This can be frightening and increase anxiety in your loved one.

Do hug for an appropriate amount of time. If your hug is too short, it might not register with your loved one. Seven seconds is a good rule of thumb.