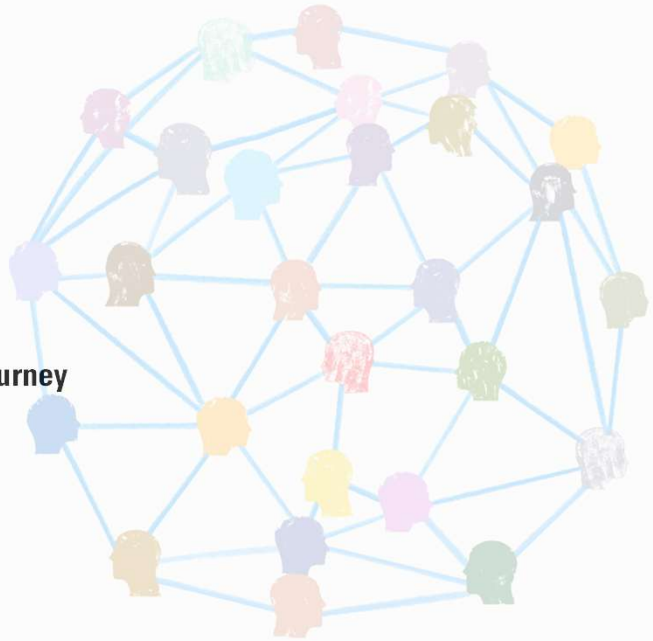


The Language of Lewy

**A Day with Lewy:
Lewy Body Dementia and the Caregiving Journey
October 8, 2026**

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Life with Lewy
What challenges YOU?

2



What Lewy Can Look Like

- 
- Visual Hallucinations
 - Delusions
 - Cognitive Fluctuations
 - Varying Attention – episodes of drowsiness
 - Slower Speed of Processing
 - Apathy

3



Distress we may notice

(in our person with LBD)

- 
- 
- Agitation
 - Anger
 - Frustration
 - Irritability
 - Paranoia
 - Sadness

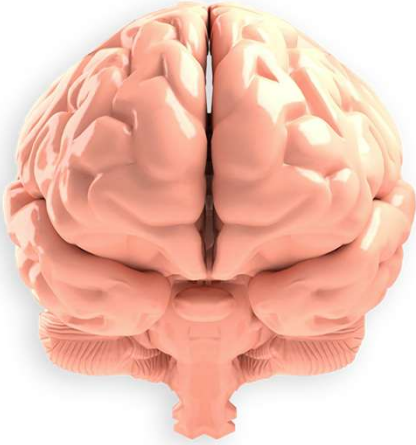
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A major contributor to excess distress
in person's living with Lewy is

Us

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The Human Brain

Relationships

While we can't generally change conditions of the human brain, we can address the relationship piece.

Real solutions live within human relationships.

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**Relationships are
impacted by the quality
of our interactions.**

**In Lewy this matters
more than anything!**



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**If you are not learning new
ways of interacting &
communicating, your
relationship to the person
with Lewy will be STRAINED.**



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Dementia Related Communication

Alzheimer's Disease	Lewy body Dementia	Frontotemporal Dementia	Primary Progressive Aphasia
Repeated questions and statements	Visual hallucinations	Changes in personality, social behavior and impulse control	Loss of ability to speak, read, write, or understand spoken language
Finding words	Fluctuating abilities		
Too much information - Following conversations	Speed of processing		
Attention	Varying attention	Attention	Strength: Understanding Non-Verbal Communication
Strength: Understanding Non-Verbal Communication	Strength: Understanding Non-Verbal Communication	Strength: Understanding Non-Verbal Communication	

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Everyday Communication Essentials

- Be aware of your non-verbal
 - Nonverbal communication makes up about 80% of what we communicate.
 - Facial expressions like smiles or frowns communicate a lot without words.
 - Tone of voice can change the meaning of words from approval to disapproval.

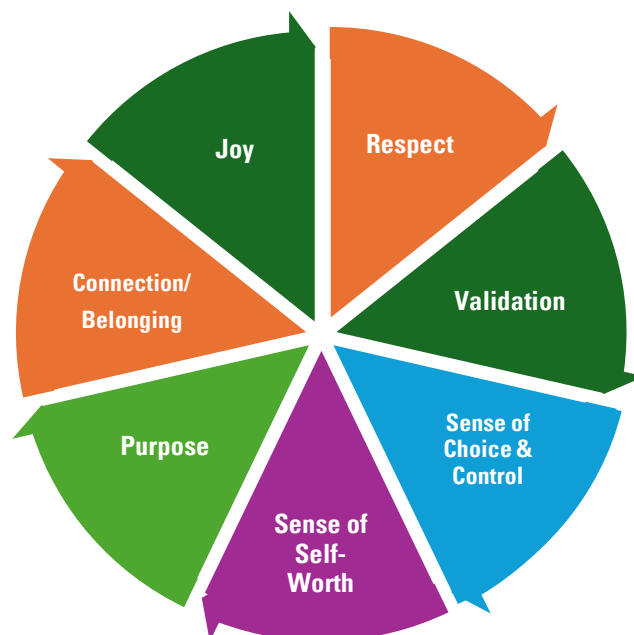
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Everyday Communication Essentials

- Get at eye level - binocular lens
- Slow down
- Give short, one sentence explanations
- Allow time for a response
- Repeat instructions in exactly the same way
- **Address an emotional need**

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Emotional & Social Needs

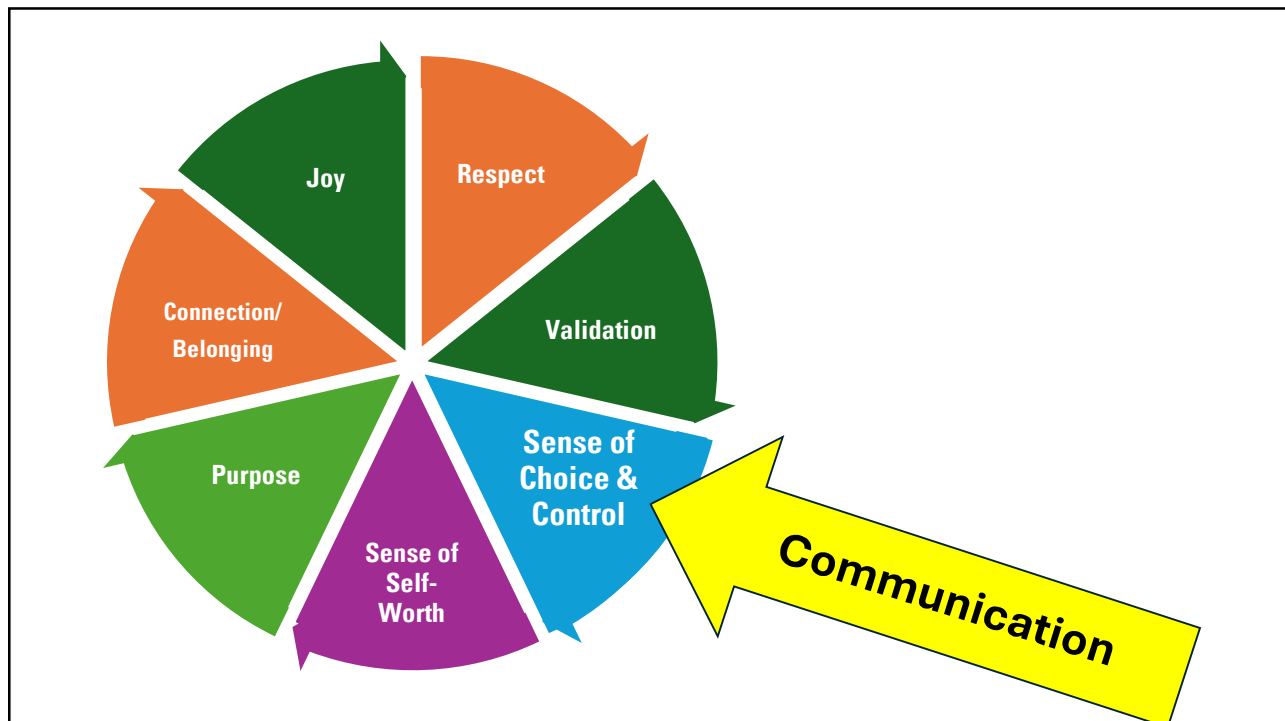


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The **root** cause of behavior (distress) is often an unmet emotional or social need that is impacted by the way we communicate.



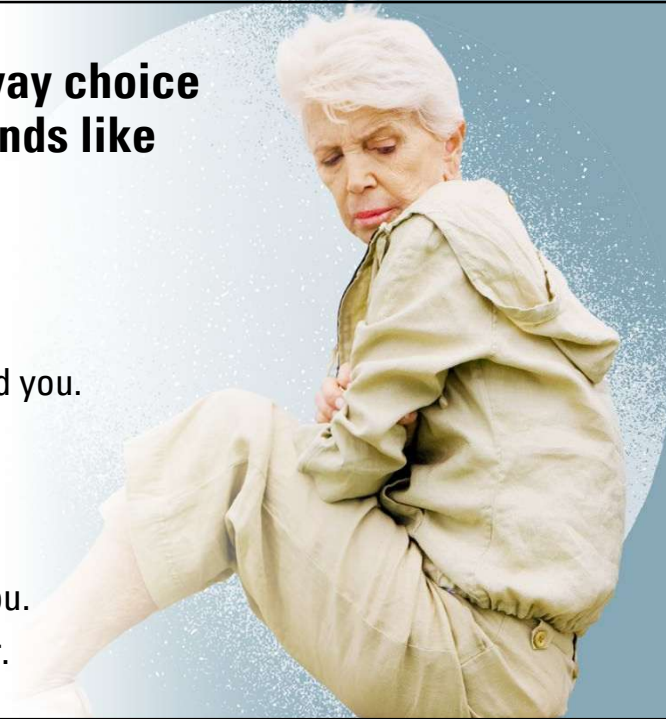
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What taking away choice and control sounds like

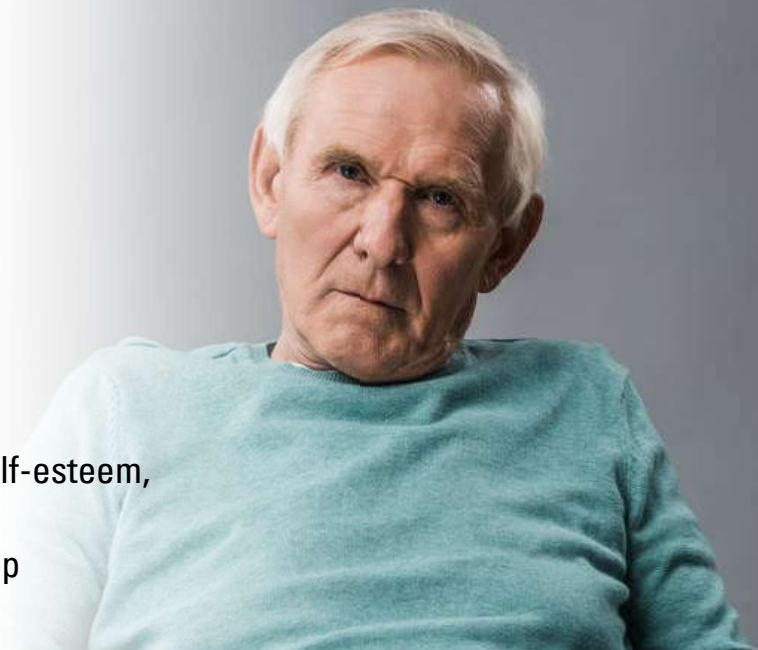
- Yes, but
- I want you to...
- It's time to...
- That's not what I told you.
- No, not like that.
- You can't ...
- Why don't you...
- Let me do that for you.
- Don't you remember.



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The Outcome

- Anger
- Agitation
- Aggression
- Apathy
- Sadness
- Depression
- Loss of self-worth, self-esteem, confidence
- A strained relationship



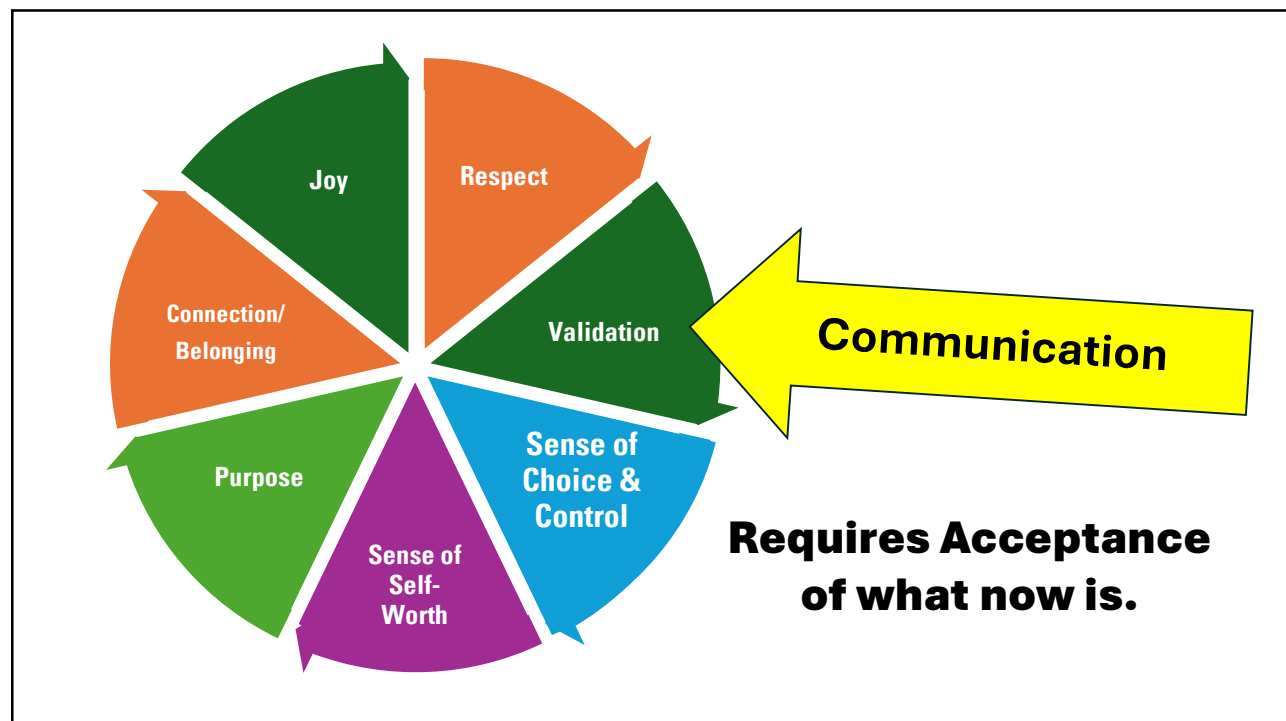
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What Preserves Choice and Control?

Offering	Asking	Seeking
Offering choices • Do you prefer (this) or (that)?	Asking for opinions • How do you feel about ...	Seeking permission • May I? • Would you like to...? • Can I assist you?

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**Dementia is a shift in the
way a person experiences
his or her world**

19

**Empathy is understanding
that someone else's world
is just as real as mine**

20

**When we seek to accept the
reality of the person living with
Lewy things generally go better...**

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**Accepting (validating) someone's reality
is **not** the same as
agreeing with them.**

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They say:

“You took my glasses. They were sitting right here.”

Instead of...

“I didn’t take them.”

“You’re always losing things.”

Try validation

“Are they missing?”

“Let me help you look for them.”

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They say:

I didn’t know you were coming

Instead of...

Don’t you remember I
said I would stop by today

Try validation

“Well, I hope this is a
nice surprise! ”

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Person with Lewy is agitated (or sad...) and you don't know why.

Instead of...

I don't understand why
you are so angry.

Try validation

"I can tell you feel angry;
I am sorry things are so
difficult right now. "

Validate feelings, because feelings are more important than facts

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Like improv,
Lewy is
unpredictable

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An improv mindset:

Releases our tendency to always want to be in control.

Helps us to respond with openness & flexibility.

Reduces resistance.

Supports meaningful connection; brings much more joy.

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Yes, And



Saying “YES”

Accepts their truth
Prevents arguments and tension
Reduces stress & anxiety



Saying “And”

Builds momentum
Emphasizes shared reality
Keeps agency alive

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Yes, And

**We can be right or we can be
connected**

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“You need to take your medications now.”

They may say...

- I already took them.
- I don't need them.
- I will take them later.
- Those aren't for me.
- You're trying to poison me.

Your reply: YES..., AND...



**Prevent the argument.
Keep agency alive.**

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“There are strangers in the house who need to eat, set the table for 8.”

You say:

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“You’re not my wife
and you can’t tell
me what to do!”

• You say:

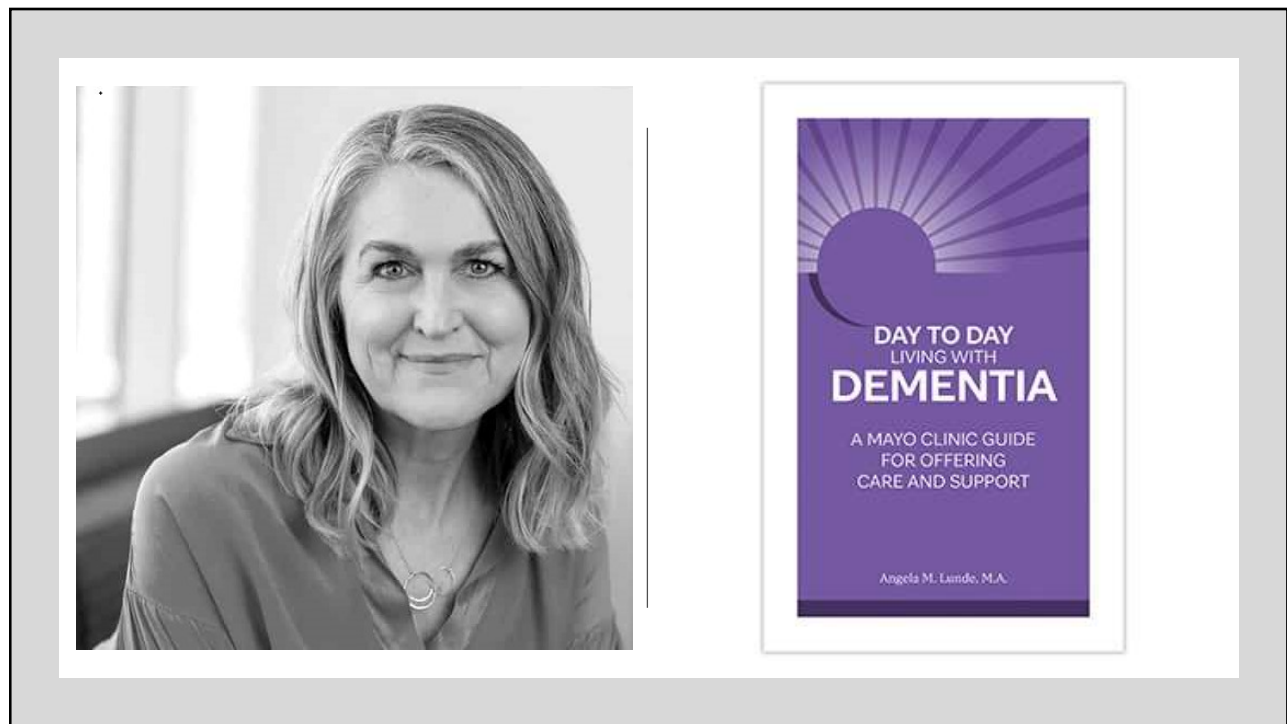


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Key Takeaways

- If you are not learning new ways of interacting & communicating, your relationship to the person with Lewy will be **STRAINED**.
- Dementia is a shift in the way a person experiences his or her world.
- Accepting someone else’s reality is not the same as agreeing with them .
- Offering—Asking—Seeking offers choice and control – a key emotional need
- Yes, And...builds upon what the person with Lewy is saying or feeling and makes the person feel validated, respected, worthy, in control, and connected.

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