PAUSE & BREATHE

SITUATION

The moment feels tense, confusing, or rushed.

TRY THIS:

Take one breath. Lower your voice. Start with calm before you try to solve anything.

CCCC - Calm, Connect & Care

SPEAK SOFTLY

SITUATION

They are upset, frightened, or do not understand what is happening.

TRY THIS:

Use short, gentle sentences. Give them time to answer. Do not rush them.

CCCC - Calm, Connect & Care

NAME THE FEELING

SITUATION

They are crying, pacing, or saying something does not feel right.

TRY THIS:

Say: “You seem worried. I am right here with you.” Validate the feeling first.

CCCC - Calm, Connect & Care

DO NOT ARGUE

SITUATION

They insist on a memory or statement that is not correct.

TRY THIS:

Do not fight the facts. Meet the feeling, reassure them, then gently redirect.

CCCC - Calm, Connect & Care

MAKE IT CALM

SITUATION

Noise, crowds, too many voices, or a busy room makes them anxious.

TRY THIS:

Turn down the TV. Reduce the people in the room. Offer a quieter space.

CCCC - Calm, Connect & Care

GENTLY REDIRECT

SITUATION

They are stuck on a worry, unsafe plan, or repeated request.

TRY THIS:

Acknowledge them, then offer something familiar: music, a snack, a photo, or a small task.

CCCC - Calm, Connect & Care

ONE STEP AT A TIME

SITUATION

Getting dressed, washing up, or leaving the house becomes frustrating.

TRY THIS:

Give one simple step at a time. Lay things out in order. Celebrate the small win.

CCCC - Calm, Connect & Care

PATIENCE FOR YOU

SITUATION

You are tired, frustrated, or feel like you are doing it all alone.

TRY THIS:

Slow down. Step away safely for a minute. Ask for help when you need it.

CCCC - Calm, Connect & Care

WHEN THEY HIDE THINGS

SITUATION

They hide a pocketbook, keys, papers, or other belongings.

TRY THIS:

They may be trying to keep something safe or may forget where it went. Stay calm and look together.

CCCC - Calm, Connect & Care

CHECK THE USUAL PLACES

SITUATION

Things show up under the bed, mattress, couch, or in drawers.

TRY THIS:

Memory and organizing can be confusing. Keep one labeled basket or drawer for special things.

CCCC - Calm, Connect & Care

DRESSING IN LAYERS

SITUATION

They keep putting on clothes or do not want to take layers off.

TRY THIS:

They may be cold, anxious, following an old routine, or unsure what they already have on. Check for overheating.

CCCC - Calm, Connect & Care

SHOES ON BACKWARDS

SITUATION

Shoes are backwards, mismatched, or hard for them to put on.

TRY THIS:

Dressing steps may feel confusing. Put out one pair of easy, non-slip shoes and help one step at a time.

CCCC - Calm, Connect & Care

SUMMER CLOTHES IN WINTER

SITUATION

They reach for light clothes, a summer hat, or refuse a coat in cold weather.

TRY THIS:

Weather and temperature may not make sense. Offer two warm choices and help them dress before going out.

KEEP THEM SAFE

SITUATION

Home safety needs a quick check.

TRY THIS:

Use safety gates by stairs. Lock up sharp objects and medicines. Use door alerts and motion-sensor lights.

WHEN THEY LOVE THE DARK

SITUATION

They walk, wash hands, or use the bathroom without turning on lights.

TRY THIS:

Light, glare, or shadows can feel confusing. Use steady night-lights in the hallway and bathroom.

SIGNS OF A UTI

SITUATION

There is a sudden change in bathroom habits, pain, fever, or behavior.

TRY THIS:

Call the health-care provider for new burning, urgency, fever, pain, blood in urine, or sudden confusion. A UTI needs a test.

WHY BATHING CAN FEEL HARD

SITUATION

Bathing feels cold, scary, confusing, or too private.

TRY THIS:

Warm the room and towels. Offer a calm choice: wash up now or after breakfast?

ONE STEP AT A TIME

SITUATION

Too many items or directions at once can feel overwhelming.

TRY THIS:

Hand one item at a time: toothpaste, then toothbrush. Give one gentle direction.

MAKE CLOTHES SIMPLE

SITUATION

A closet full of choices can cause confusion and frustration.

TRY THIS:

Set out one comfortable outfit for the day. Keep only simple choices in view.

KEEP CARE CALM & KIND

SITUATION

They may resist when rushed, embarrassed, tired, or upset.

TRY THIS:

Slow down. Keep the room quiet. Praise each small step and try again later if needed.