

Interrupting

I want you to FORGET the person you care for and go shopping! Spend two hours doing your normal thing! You are calm, peaceful and smiling to yourself. Now . . . LISTEN!

Try to hear how many times you interrupt, how many times others interrupt you and how many times you hear other people interrupting each other. I wager that you will be shocked.

Please write down on this page the number of times interruption was evident in your normal healthy life on this shopping trip.



That number represents constant blocking of thought processes!

Can you imagine how it FEELS for your cared-for person, even if the number was halved? To counteract these thought blocking

habits which are perfectly normal;

Allow your cared-for person to finish their sentences and let them lead from the moment you observe their effort to converse with you.

Doing this is a high skill and incredibly satisfying when it becomes effortless.

EVERYONE with whom you converse, especially the person with dementia, can notice the evidence of its effectiveness.

We frequently hear from relatives that they are being told things from the past which they had never heard before!

YOUR INTERRUPTING EXERCISE

This exercise is FUN. Don't let anyone tell you, YOU DON'T interrupt!

All you need to do is go about your daily activities and observe OTHER people.

When you have done it for long enough, you will have no doubt about how common it is.

*For your next challenge, restrain yourself from interrupting in ANY conversation and note the difference. A good example to test yourself with, is when your cared-for person keeps repeating themselves. It is SO tempting to interrupt! Don't forget you are with a very confused person, they need to remove their confusion in **WHATEVER** they do.*

Observe their reaction to you. They might look quite surprised when you don't interrupt and start to chat to you. Be patient and let them lead the way.

*Try to write notes for yourself below.
Do I interrupt often? What happens if I stop?*

