Communication Cards
For Aboriginal and Torres Strait Islander people living with dementia.

Painting
Bush tucker
Go for a walk

Dementia Support Australia
Funded by the Australian Government
A service led by HammondCare
Tips for using the Communication Cards

1. Select the cards that are relevant for the person and attach them to the ring. Keep the selected cards from each category together and use the coloured corner to help you quickly find each card.

2. Select one card at a time and show it to the person individually. Avoid presenting cards together as this may be difficult for the person to interpret.

3. Use the relevant card to help the person understand what you are trying to communicate. For example, show the person the ‘Pain’ card when asking them about their pain. This approach needs to be done consistently and repeatedly to be effective.

4. Be patient and allow the person the time to understand the image and its meaning. People living with dementia may have lost the ability to read or understand what you are saying or may have reverted back to the language they used to speak when they were younger.

Dementia Support Australia (DSA) is a free nationwide service led by HammondCare, funded by the Australian Government. Our role is to improve the quality of life for people living with dementia and their carers. We do this by getting to know the person with dementia to understand the causes of changes in behaviour and work together with carers, care workers and local networks to work out the best plan. We keep in contact with carers and care workers while they support the person with dementia to live well in their own environment.

DSA offers free support 24 hours a day, 365 days a year throughout Australia. Contact DSA or refer someone with dementia to our service through:

📞 **1800 699 799**
@ dsa@dementia.com.au
🌐 dementia.com.au
Family / Mob
Woman
Man
Yarning
Dancing
Music
Go for a walk
Go to the garden
Painting
Weaving
Cowboy hat
Fire
Hot drink
Cold drink
Water
Food
Fruit
Bush tucker
Witchetty grub
Shower
Washing
Toilet
Sleep
Getting dressed
Brushing teeth
Glasses
Hearing aid
Pain
Bush medicine
Bush rub
Medication / Tablets
Nurse
Doctor
Wrapping bandages
Hot
Cold
Dislike
Happy
Sad
Tired
Sick
Worry
Hungry
Thirsty
Go to the toilet
Country
Beach
Meeting place
Clinic / Hospital
Snake
Kangaroo
Emu
Dog
No