

## **Top Tips for Giving a Jab/Vaccine to People Living With Dementia**

Here are our top tips for making the vaccination experience as relaxed, effective and enjoyable as possible for people living with dementia. The tips are written for health and social care staff as well as carers, family and friends of people living with dementia, due to receive a vaccination/jab.

- Make what is about to happen as understandable as possible. This might look like:
  - Easy read information , pictures , mimicking the action, watching a video.
  - Have family/friends explain the situation (in person, via video call, pre-recorded).
  - Watching another person have the jab.
- Explain why the jabs are happening concisely: e.g.
  - “It is to prevent the flu/Covid”
  - “It’s to stop you getting the flu/Covid”
  - “it’s so you don’t get poorly”.
- Use an honest but concise explanation just before administrating "this will hurt a bit Mrs Jones but I'm going to hold your hand until it's over".
- Offer tactile reassurance; hold a hand, put an arm around the person’s waist, gently stroke/massage their other arm/hand, put your hand on their shoulder.
- Use positive, relaxed body language; have an open posture, say hello & address the person by name, offer them a smile & a hug
- Always ask permission, "Can I do it now please?"
- Make connections for reassurance between staff e.g. "I had mine earlier/yesterday/last week and it ached a little, but not for long." Or,  
"Maureen had hers a minute ago & said it was ok, didn't you Maureen?"
- Don’t be put off or alarmed if the person doesn’t react well at first, keep persevering to try & “meet” the person at a positive, relaxed point in their day. This might be at 8am, 2pm, or 6pm – always be guided by the person’s body language, demeanour, facial expressions and direct communication attempts.