

Safe Mobility in Dementia: Caregiver Guide

ThrivePT Academy

Educational Resource for Caregivers & Older Adults

Understanding Mobility Changes

- Changes in attention and perception affect walking
- Fear of falling may increase resistance to movement

Safety Strategies

- Use calm, simple instructions
- Encourage movement in familiar environments

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.