

Supporting someone who is living with dementia through the Covid-19 outbreak

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Bring the outdoors in

Flower arrangements and potting seeds can all be done from the comfort of a chair. Brightening up the indoors and also helping those with 'green fingers' to keep enjoying their hobby.



Use the power of music

Create playlists with songs from different decades. You can even print out some lyrics and have a sing-a-long to lift spirits, boost morale and light up those all-important pathways in the brain.



Welcome distractions

Involve the person living with dementia in general and easy-to-do tasks. It creates a feeling of purpose, allowing individuals to remain busy, occupied, and keeping a feeling of independence.

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Keep the mind active

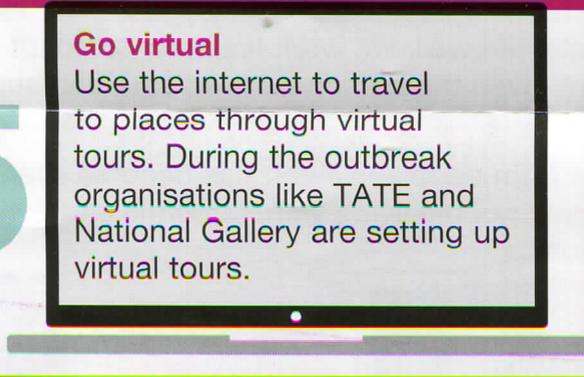
Activities like reading and puzzle sorting can be an efficient way to keep the mind active. Organisations like Active Minds and Alzheimer's Society provide ready to go dementia friendly puzzles and books.



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Go virtual

Use the internet to travel to places through virtual tours. During the outbreak organisations like TATE and National Gallery are setting up virtual tours.



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Stay connected

Reach out to family members and friends. There are a lot of free applications like Skype, Zoom and FaceTime etc., that you can use for video calling.



Awaken the senses

For someone living with dementia it's important to awake all of the senses particularly scent – use lemons, mint, candles, shoe polish, fabric softener etc., which can allow individuals to reminisce of their childhood or even ignite a conversation.

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Use signage

Put up signs around the home as people living with dementia may need an occasional reminder. Try using a "wash your hands" sign that is simple and easy to read.



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Keep active

There are some great online resources. British Gymnastics have 'love to move' Ageless Grace and Joe Wicks TV both have chair exercises for seniors. Don't underestimate the power of a little movement.



Get fresh air

It's important to get as much fresh air as you can, open a window and where possible, go out in your garden, or front porch so you can breathe in some fresh air and get some much needed Vitamin D.

