

MORE HINTS

Mark Hot taps with red nail varnish.

Leave toilet lights on at night.

Put toilet Sign on door.

Lay out her clothes in the morning.

REMEMBER to make yourself happy,

Don't let anyone else spoil your day.

ASK FAMILY AND FRIENDS FOR HELP

TO ENABLE YOU TO HAVE RELIEF FROM CARING

Have all Social Services contact details and request assessment.

**Top tips from
Ken
when caring for a
loved one Living
with Dementia**



**Ken was a carer for
his wife Dorothy,
who was living
with dementia.**

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1. Clip name tags with recent photo wearing that coat and hat for easy recognition should they go for a walk on their own.
2. A name bracelet with contact details to be worn.
3. Don't give any alcohol due to the effects with medication, try giving non-alcoholic forms.
4. Use motion detection lights around the bedroom and toilets. Use motion detector with your voice fitted to the outside access doors - message saying for example - "No darling go back we aren't going out at the moment" for when they may sneak out when you go into the bathroom.
5. Showing photograph album of friends and family try not to say "do you remember" because often they can't and this can cause distress.
6. Showing photos, you mention a person's name from a couple and see if they recognise but do not correct if she says the wrong name.
7. Welcome their want to help in the kitchen preparing food or washing dishes/household tasks. Don't correct if not doing it 100%. Thank them for their help. You can always complete the job later if not to your satisfaction.
8. Try not to correct, but go with the flow and prevent it from upsetting you.
9. Go out for walks, shopping, activities - try something new there are lots of excellent sessions which are really supportive to those living with dementia. They are also good support for you.
10. Call VASL and other organisations that can guide and support you both through the journey.
11. As your loved one's Dementia worsens the signals to their legs change and walk slower, even if they can't dance, hold their hands and enjoy the moment, smile and look into their eyes. Do this often.
12. When talking to them look into their eyes to show how you care. Hold their hand, smile and give them a hug.
13. Loud noises, bangs can often upset or annoy, be mindful and adjust this as possible.
14. Let them help doing the laundry, sorting washing, folding clothes. Let them feel useful, build their self esteem which will be a boost to yours also.
15. If they have some hallucination, i.e., "Where are the children?" reply "They have gone to play in the park with the girl next door". "Who are you / you're not my husband" reply "I have come to see your husband/wife".
16. Meal times can be a problem - Ask them to sit at the table, cut up food if required before presenting it at the table, tell them it's their favourite at every mealtime.
17. Watch a TV series which they used to enjoy - musicals and animals appear to work well.
18. Don't say goodbye, say you are going to work if you are going out and leaving them with a carer or family member.
19. MOST IMPORTANT get support for you, take some time out, do something that makes you feel good and never be afraid to ask for support/advice and help.

