

Staying at home and caring for a relative living with dementia through the coronavirus pandemic

- 1** Looking after physical and mental wellbeing will help you take better care of your relative. Try to keep video calling / phone contact with family and friends
- 2** Washing hands with warm water and soap is important, but so too is an emergency plan just in case you need help yourself
- 3** Keep updated with information from the Government and the NHS - checkout their websites for advice. Try not to worry - switch off the news for a while
- 4** Plan a timetable on what activities you plan to undertake. Include cultural and faith based activities. Also plan things for yourself to enjoy
- 5** Make use of your garden space and rooms in the house to help you create different environments.
- 6** Seek help and information from local and national support organisations. There is support, advice and guidance out there. If you are not sure ring and ask