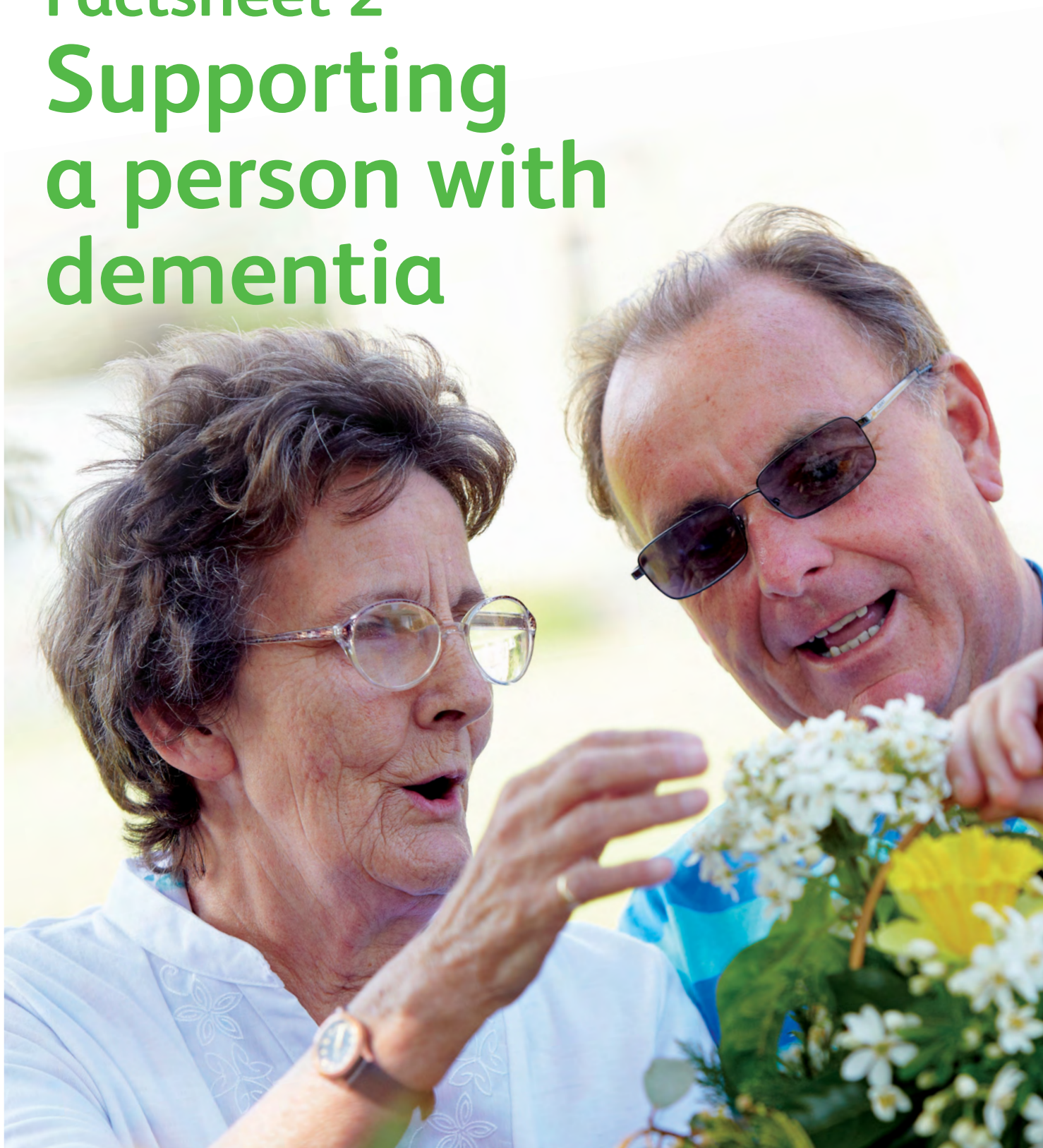


Factsheet 2

Supporting a person with dementia



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This factsheet is about supporting someone with dementia. For more information about what dementia is and how it affects people, see [Easy Read Factsheet 1, What is dementia?](#)

Alzheimer's Society worked with the British Institute of Learning Disabilities (BILD) on the production of this factsheet. Alzheimer's Society and BILD wish to thank Our Way Self Advocacy, Building Bridges Training and the H Team at Grapevine for their invaluable contributions.

Living with dementia



People with dementia can still enjoy life, especially if they have the support of their family and friends. They might need to change the way they do some things.



People with dementia may feel lonely, angry or confused.



A person with dementia may seem to change, but they are still the same person. They still have feelings and needs like other people.

Respecting the person with dementia



Always treat the person with respect.



Do things with the person. Don't always do things for them.



Support the person to make their own choices, such as the clothes they want to wear or what they want to eat.

Dealing with memory problems



A calendar or diary can help the person to remember dates.



Notes and labels can remind the person where things are.



Photos can help the person remember people and events.

Listening to the person with dementia



Listen carefully to the person with dementia.



Be patient. The person may have trouble remembering words.



Don't interrupt the person. Give them plenty of time to finish what they are saying.

Talking to the person with dementia



Speak clearly and calmly.



Try to make eye contact.
If the person is sitting down, lower yourself to their level.



Include the person in conversations with others.

Keeping in touch



Some people with dementia can get lonely.



Visit the person and spend some time with them.



If the person with dementia lives far away, phone them for a chat or send them a card.

Supporting the person to be active



Help the person with dementia to do things they enjoy.



Support the person to do some physical activity like walking, dancing or gardening.



Help the person with dementia to stay in touch with family and friends.

Behaving differently



A person with dementia may behave differently. They may repeat themselves, walk around more or shout out.



Remember it is not the person's fault they are behaving differently. It is because they have dementia.

More support



As the person's dementia progresses they will need more help.



Someone who has had dementia for a long time may need help with walking, eating, dressing and washing themselves.

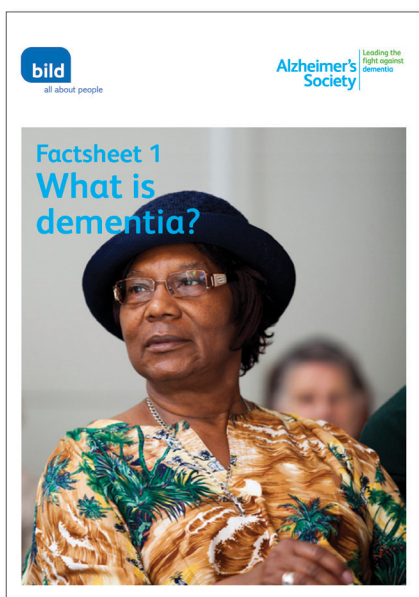


If the person needs lots of support every day, they might need to move to a care home. You can still go and see them.

More information about dementia



For more information and advice, visit alzheimers.org.uk or phone the Helpline on **0300 222 1122**



Easy Read Factsheet 1, What is dementia? may help you.

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers.

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