

## 10 TIPS FOR THOSE HAVING A PERSON WITH DEMENTIA AT HOME

- It is important to be aware that during the epidemic the life and health of all persons, both ourselves and our loved ones with dementia, are a priority.
- **Make sure that we all stay at home and respect preventive measures.**
- Do not explain the person with dementia about the virus because it will only make him/her more confused.
- **Pay attention to a proper cough hygiene and hand washing of the person with dementia and keep a safety distance.**
- Make sure to devote time at home to ourselves and to our loved one with dementia and to strengthen our relationship. We can connect more and do as many things as we can together (board games, talking, reading books...)
- **Limit our encounters with other people and go to the store only for the most urgent things.**



- Make sure that the person with dementia is not bored at home and that (s)he is occupied with something all the time (assistance in household tasks, drawing, creating, reading, listening to stories...).

- **The person with dementia is to be often given to drink and healthy snacks; observe his/her non-verbal communication (needs to go to the toilet, has a pain....).**

- Be as patient, calm and kind as possible at home with your loved one with dementia, so that (s)he will also like to be with you and be of good will.

- **Air well the flat several times a day and keep the person with dementia warm.**

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on e-mail: [svetovanje@spomincica.si](mailto:svetovanje@spomincica.si)**

## LIVING ALONE

- Knowing about dementia is important. Due to his/her disease, a person with dementia is not aware of and does not understand the severity of the Coronavirus epidemic.
- Do not explain the person with dementia about the virus because it will only make him/her more confused.
- Talk with neighbours and close ones so that they will also pay attention to the exits of the person with dementia and in case of his/her wandering around ask them to direct such person back home or call us.
- The person with dementia should be occupied as much as possible – we should find a kind of work that (s)he is still capable of doing (cleaning, checking clothes, sorting books, etc.).
- Call the person with dementia as often as possible, more than before, and talk to him/her in a calm, friendly way so as not to upset him/her. For example: try to direct the person, through a conversation, to stay at home and say that (s)he will go to the store some other day and that we shall bring him/her everything (s)he needs, and similar.
- Make sure that the person with dementia does not miss anything urgent at home. Provide him/her with enough food, ready-made healthy snacks and make sure that (s)he is kept warm enough and has what (s)he wants.
- During this time try to be more patient with the person with dementia and to encourage him/her, in a calm and pleasant way, to be as active as possible at home.
- Let the person have different possibilities for spending time actively (drawing, reading books, knitting, crossword, riddles, television, radio, telephone...).
- The flat of the person with dementia should be as comfortable as possible for him/her. The keys, shoes, jackets and other items, which could lead the person with dementia to leave the flat, are to be kept in a more discrete place.
- Consider the possibility that the person with dementia would not live alone during this time (we take him/her to our home or move to his/her place).



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# 10 TIPS FOR RELATIVES HAVING PERSONS WITH DEMENTIA IN A RETIREMENT HOME

- It is important to be aware that during the epidemic the life and health of all persons, thus including your loved ones with dementia, are a priority.
- Talk to the social service in the retirement home to find a way together how to keep in touch with your loved one: video call option, daily posting or e-mail messages about what the residents are doing; ask if they can encourage your close one several times and help him/her to call you.
- Visits in the retirement homes as well as the gathering and socializing are generally prohibited for the reason of health and life of vulnerable groups which include also the persons with dementia.
- Even if you cannot visit your loved one, you may write him/her a letter by enclosing the most recent photo of your close family members and ask the staff in the retirement home to read him/her the letter and hand over the photo, or send him/her a video with the help of the retirement home staff.
- It is important for you to be aware that your loved one in the retirement home is well and safely taken care for.
- Do not blame yourself for doing nothing because you do everything possible in the given circumstances.
- Take care of your health and well-being so that once the epidemic is over you will have the strength to re-establish the contact with your loved one and to reconnect with him/her.
- Think about what you can do for yourself, what you have been wanting for a long time, but you were always running out of time.
- The situation we are facing now is new, but let's think positive and remind ourselves every day that it will pass.
- Staying home and respecting preventive measures will help us stop the virus faster and get back to normal and see our dear ones.

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