CARERS

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 incase 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

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www.gov.uk/coronavirus
www.nhs.uk//conditions/coronavirus-covid-19/
www.meriyaadain.co.uk

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