Living with dementia

Staying at home and staying safe during the coronavirus pandemic

1. Looking after yourself is important. This includes managing your routines. Eating on time, taking medication and some exercise at home is important

2. Make sure you have some contact numbers for friends or family. Ring someone daily so that they can help you if you need any help with getting medicines or food shopping

3. If you use the internet, check out Government and NHS advice on how to stay safe. Try not to get too worried about what you hear on the news - switch off and do something that makes you happy

4. Plan activities that you enjoy, reading, gardening, crosswords, perhaps cooking or playing games on your smart tablet

5. If faith is important to you, try to keep contact with a faith leader or play some religious recordings at home to give you peace and tranquility

6. Keep a reminder somewhere, like this flyer, reminding you not to go outside and be at risk of this virus. Staying home and staying safe is important

Meri Yaadain

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

April 2020