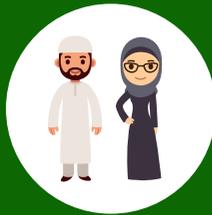


# Maintaining faith based practices for a relative living with dementia during Ramadhan



رمضان مبارك



Meri  
Yaadain

Ramadhan Mubarak

1

# Time



It may become confusing for someone if they see you are eating at suhoor (pre-dawn) and iftaar (dusk) time. It is ok to remind them that you will be fasting, but they may forget this.

Involve the relative with dementia if they are awake so they feel included.

Let them have their meals at their regular times too, but adjust the quantity of food if they also join you for suhoor and iftaar.

"By Al-'Asr (the time). Verily, man is in loss. Except those who believe and do righteous good deeds, and recommend one another to the truth and recommend one another to patience." (Qur'an 103)

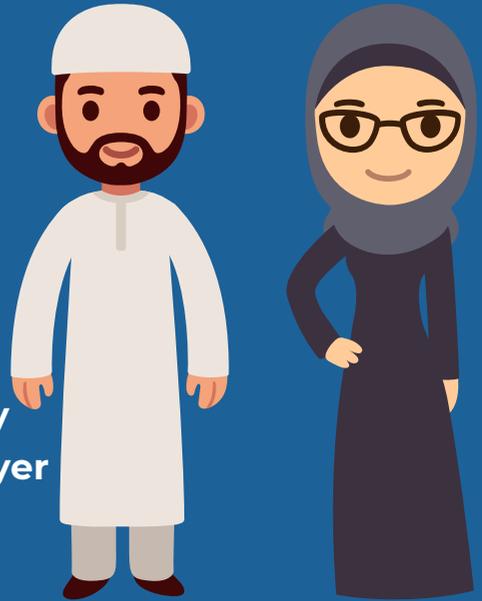
# 2

## Prayer time

Salaah (prayer) is a very important part of a muslim's identity. Whether in a care setting or at home, involve the person with dementia. Help them do their wudhu (ritual wash).

If you are a Muslim (or in a Muslim household), let them join collective prayer. As long as they are not disruptive to your prayer, do not worry if their wudhu is correct or if their prayer is correct.

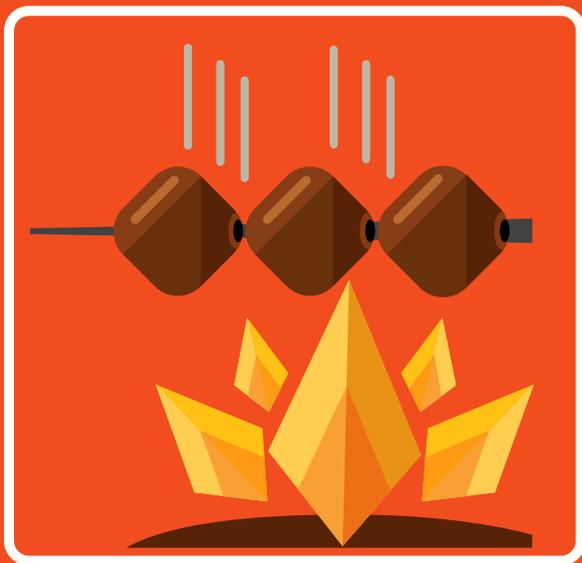
Dementia may mean they cannot recall how to do wudhu or read their prayers. However, taking part in the prayers will give them a sense of undertaking worship.



“Offer the prayer in two parts of the daytime and in the hours of the night that are closer to daytime. Surely, good works drive away evil works. This is the correct information for those who use their knowledge.” (Qur’an 11:114)

3

# Cooking and sharing food



Food preparation could be a good way to involve your relative with dementia. It may make them feel good that they are contributing or may recall the joy of cooking.

Being able to help pick up, chop or even smelling and tasting food (remember fasting may not be farz (compulsory) on them), will be good for their reminiscence (memories).

**See what they can do safely.**

"O ye who believe! Eat of the good things wherewith We have provided you, and render thanks to Allah if it is (indeed) He whom ye worship" (Qur'an 2:172).

# 4

## Qur'an - reading or listening

Reading or listening to the recitation of the Qur'an can be immensely calming. If your relative can read the Qur'an help them do their wudhu (wash) and help them read the Qur'an - printed or digital.

If they cannot read, play them some audio files or perhaps a Youtube video with their favourite reciter.



"for, truly and justly has thy Sustainer's promise been fulfilled. There is no power that could alter [the fulfilment of] His promises: and He alone is all-hearing, all-knowing" (Qur'an 6:115)

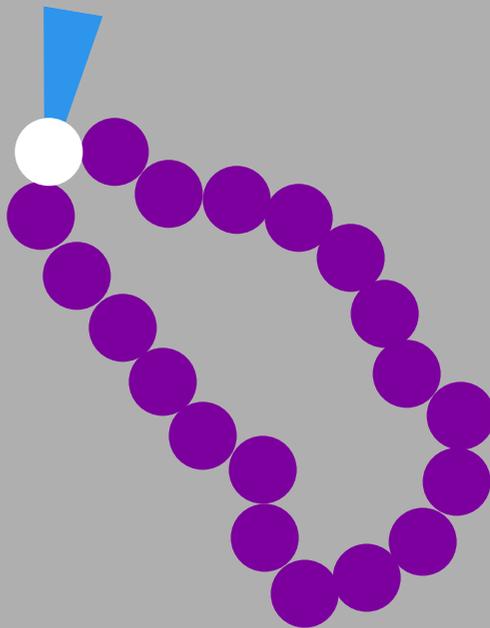
# 5

## Zikr (using prayer beads for remembrance)

Using prayer beads or a 'clicker' can be a useful tool to help count when someone uses them for remembrance.

The repetition of repeating the same prayers or words may be something the person with dementia finds of comfort.

This may be something that they will have been used to during their pre-dementia life.



"Those who believe and whose hearts find satisfaction in the remembrance of Allah, for without doubt, in the remembrance of Allah do hearts find satisfaction" (Qur'an 13:28)