

Supporting a loved one living with Dementia

When someone you care about is living with dementia, it can be difficult to know how to help. While the condition can be challenging, there are many practical things you can do to support your loved one and make life easier for both of you.

Practical tips to support someone living with Dementia:

Create a routine: Keeping regular times for meals, medication and daily tasks can help reduce confusion and make the day feel more predictable.

Keep things simple: Break tasks down into small steps and give clear, calm instructions. Be patient and allow plenty of time.

Use reminders and labels: Leave notes around the house or use a whiteboard to list daily activities. Label drawers, cupboards and doors to help your loved one find things more easily.

Make the home safer: Remove tripping hazards, keep walkways clear, and consider safety aids such as grab rails or automatic shut-off devices for appliances.





Encourage independence: Let your loved one do as much as they can for themselves. It helps them feel useful and boosts confidence.

Stay connected: Encourage visits from friends and family or look into local dementia-friendly social groups. Staying socially active is important for emotional wellbeing.

Take care of health: Help your loved one eat regular, healthy meals and drink enough fluids. Light exercise like walking or stretching can also help.

Use helpful tools: Devices like talking clocks, large-button phones or pill organisers can support independence and reduce confusion.

As Dementia progresses, you may need support caring for your loved one. You can speak to your family, friends, GP and local care provider and ask for their help. There are also organisations like the Alzheimer's Society and Age UK who offer advice, helplines and local support groups for carers.