

COVID-19 People Living with dementia.

The Alzheimers Society has put together an excellent brief on supporting people living with dementia over this very challenging and worrying time.

Follow the link below:-

<https://www.alzheimers.org.uk/get-support/coronavirus-supporting-person-dementia-home#content-start>

This opens up with 7 sections of advice and tips to both help carers support their partners/friends living with dementia and also for people who are living alone whilst living with dementia themselves.

1.Information for people affected by dementia.

General information about coronavirus, its affects and what we should do to protect ourselves and stop it spreading as much as we can

2. Supporting a person with dementia at home.

This can include looking after your mental health, arranging food, medicines .other essentials, staying actives, keeping in touch etc.

3. Activity Ideas for people living with dementia.

The link below provides some good ideas on activities that will help stimulate and relieve boredom.

<https://www.alzheimers.org.uk/get-support/coronavirus-activity-ideas-people-living-dementia>

4.Support for a person with dementia living alone.

Generally points people to their local council for targeted support. In our case Cheshire East People helping People :-

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/cheshire-east-people-helping-people.aspx Phone line 0300 123 5043

5. Supporting people living with dementia from a distance.

Support line link:- <https://www.alzheimers.org.uk/get-support/dementia-connect-support-line>

*Calls charged at standard local rate.

6. Coronavirus Frequently Asked Questions.

This refers you to the above helpline for answers and support.

7. Other useful organisations and information.

Some very useful contact details of support organisations whilst normal “ local” activity and support is not currently available. Follow the link below.

<https://www.alzheimers.org.uk/get-support/coronavirus-useful-organisations-information>