

## Supporting someone with dementia during Covid-19

This time is likely to be unsettling for those with dementia as their routine may be disrupted and they may not be able to do the regular activities that maintain their wellbeing. In addition, those who care for someone with dementia may need to work with them to develop different coping strategies and support as well as look after their own wellbeing.

Below are some tips for supporting someone with dementia.

- Some people with dementia may have difficulty understanding complex information about coronavirus. Communication cards that may be helpful to explain the pandemic are available at: [www.aphasiafriendly.co/covid-19-accessible-information.html](http://www.aphasiafriendly.co/covid-19-accessible-information.html)
- People with dementia may lack awareness of and be less able to report symptoms because of communication difficulties – those supporting or caring for someone with dementia should be alert to the presence of signs as well as symptoms of the virus (“look beyond words”).
- Consider ways to digitally support those living with dementia, for example via telephone, Skype or Facetime. Keeping in regular contact not only reassures people and gives them a connection to the outside world, but it gives them something to look forward to and a structure for their day. More information about using digital to support someone at home is available at: <https://digitalinclusionleeds.com/>
- People with dementia are much more prone to develop delirium. Yorkshire and Humber Critical Networks have developed a resource for COVID-19 and delirium: <http://www.yhscn.nhs.uk/media/PDFs/mhdn/Dementia/Bulletin/2020/April%202020/COVID19DELIRIUMv2.pdf>

For additional tips, ideas and activities, Leeds and York Partnership NHS Foundation has developed this useful resource: <http://www.yhscn.nhs.uk/mental-health-clinic/Dementia.php>

Looking after yourself when caring for someone with dementia is also key and Dementia UK has developed a useful resource that outline practical steps that you could take: <https://www.dementiauk.org/wp-content/uploads/2020/03/Looking-after-yourself-Coronavirus.pdf>