

# Caring for someone with dementia



Every individual living with dementia has different needs, meaning the level of care they require will vary. It is important to try to encourage the person requiring your help to 'lead the way' regarding the level of support they might require.

Here are some top tips for looking after someone living with dementia.

## Nutrition

Getting a healthy and balanced diet, along with regular exercise, is extremely important for all of us, but especially so for people living with dementia.

It can help to ensure that the person stays fit and active for as long as possible, while also helping them to fight off any other illnesses they may be at risk of developing.

However, eating can sometimes be a problem for people living with dementia. This can be for a number of different reasons and not because they are trying to be difficult or picky. You may want to offer snacks between meals at home, for example, if the person you are caring for is not eating well.

Speak to your GP who will be able to refer you to a nutritionist or dementia specialist.

## Everyday tasks

A person living with dementia can sometimes struggle with a lot of tasks that many of us take for granted.

Communicating and expressing what they want or need can be a challenge, meaning you'll need to be patient and think of different ways to make this easier for the person you are caring for. Using body language, such as gestures or eye contact, can be a successful way to get around these problems. Showing them pictures can also help.

It's important that carers, family and friends support people living with dementia to continue being as independent as possible. This will have a positive impact on their wellbeing and confidence, which can make a significant difference to how they feel about living with dementia.

## Sleep

It's common for people living with dementia to struggle to sleep properly at night. There is medication that can help improve sleep, but it's often best to try other measures first, such as exercise, avoiding daytime naps and keeping to a regular routine.



[https://www.alzheimers.org.uk/Caring\\_for\\_someone\\_with\\_dementia/](https://www.alzheimers.org.uk/Caring_for_someone_with_dementia/)  
[https://www.alzheimers.org.uk/site/scripts/documents\\_info.php?documentID=84](https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=84)  
<http://www.nhs.uk/conditions/dementia-guide/pages/dementia-carers.aspx>

