

## Staying at home and caring for a relative living with dementia through the coronavirus pandemic

- 1** Looking after yourself will help you take better care of your relative. Try to maintain phone contact with family and friends
- 2** Encourage the cared for relative to wash their hands with warm water and soap when you wash your own hands
- 3** Keep updated with information from the Government and the NHS - checkout their websites for advice
- 4** Plan a timetable on what activities you plan to undertake. Include cultural and faith based activities
- 5** Make use of your garden space and rooms in the house to help you create different environments.
- 6** Seek help and information from local and national support organisations

