



Why should you care?

There are currently 55,000 people living with dementia in Ireland. The majority of people with dementia (63%) live in the community and use the services you provide. Pharmacies provide a key service for people with dementia and their family carers to enable them to remain living in their community. Customers will often ask staff for advice about the condition; medication management and what supports are available. Do not underestimate the difference you can make if you have a basic understanding about the practical ways you can support people living with dementia. People with dementia have told us that it is the attitude of those they meet in providing services which makes the biggest difference to their experience.

How do you know if a person needs help?

Everyday challenges differ for people with dementia; in relation to medication management they can experience a range of difficulties. Look out for these signs:



The medications that are used to treat some symptoms of dementia



Problems such as remembering to take medication, taking them at the right times, the right dose or remembering where they are stored



Difficulty in managing their existing medications



Forgetting to get prescriptions renewed from their GP or repeatedly returning with prescription renewals



How can you help?

In many cases people with dementia can manage their own medications, but they may need some assistance. There are simple things you can do to help:



Good to talk

Ask the person how they are getting on and encourage them to let you know if they are experiencing any new difficulties or changes.



Take time

Ensure that you explain what their medications are for and how to take them, making clear the prescribed frequency and dosage.



Body language

Smile warmly, make eye contact and let people know you are there to help.



Practical suggestions

There are lots of practical resources available like phones, apps, diaries and blister packs that you can suggest to people. Ask people to tell you about their own tips for remembering to take medication!



Provide information

If you have an information area, provide information leaflets about dementia and support services in the area.



Get informed

Work with your local Alzheimer Society of Ireland service to explore the possibility of getting dementia awareness training for your staff.



DEMENTIA FRIENDLY COMMUNITIES

To find out more about Dementia Friendly Communities in Ireland please see www.alzheimer.ie or call **1800 341 341**



THE ALZHEIMER SOCIETY of IRELAND



Alzheimer National Helpline: **1800 341 341**



www.alzheimer.ie



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