A simple, step by step guide to caring for a loved one living with dementia during the Corona / Covid-19 crisis.

**PREPARE**

Make sure you have medical supplies and medication.

Make sure you have heating for the next few months.

Arrange standby carers. In the event that you become ill or have to self-isolate, have other family members, friends or neighbours on standby to help care for your loved one.

**Arrange other forms of contact.** Make sure your loved one has access to a phone and can use it. Ideally enable video calls.

Keep important details at hand. See the form on the reverse of this page.

**CARE**

**Be Safe.** Wash your hands. Be mindful of ensuring your loved one does too. Cover your mouth and nose when coughing and/or sneezing. Clean frequently touched objects and surfaces.

**Limit visitors to the house.** Practice social distancing. Keep a distance of 2 metres (6.5 feet) between each other.

**Keep up your routine.** Changes in routines can be very challenging for those with dementia. If possible, keep daily exercise part of your loved one’s routine.

**Keep calm.** Try to keep your loved one’s environment as relaxed and calm as possible.

**Care for yourself.** Mind your own mental and physical health.

Call the Alzheimer Society Help Line on 1800 341 341
For practical information and emotional support about dementia.
My name is: ____________________________________________________________

But everyone calls me: ________________________________________________

My brief medical history – Conditions I have:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

The medications I am on:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

MY CONTACTS
My main carer is: _______________________________________________________

Telephone: _____________________________________________________________

My G.P. is: _____________________________________________________________

Telephone: _____________________________________________________________

My pharmacy is: _________________________________________________________

Telephone: _____________________________________________________________

OTHER CONTACTS
Name: ___________________________ Telephone: ___________________________ Relation to me: __________

Name: ___________________________ Telephone: ___________________________ Relation to me: __________

Name: ___________________________ Telephone: ___________________________ Relation to me: __________

Name: ___________________________ Telephone: ___________________________ Relation to me: __________