Tips for family carers living with persons with dementia during Covid-19

Persons living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.

- Place visual signs in the house to remind persons with dementia to wash their hands with soap for 20 seconds.
- Demonstrate thorough hand-washing.
- Use Alcohol-based hand sanitiser if the person with dementia cannot get to a sink or wash their hands easily.
- Make sure persons with dementia are included and participate in activities at home.
- Fill prescriptions and check to make sure you have enough medications.

For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. They may have a delirium.

- Have a back-up carer. Think ahead and make alternative and emergency plans if the primary caregiver should become sick.

Practice good hand hygiene and follow current guidance from the HSE.ie regarding COVID-19.

Please visit websites of Alzheimer.ie, Siel Bleu, Carer Alliance and ALONE for further guidance.

Compiled by TUH Memory Assessment & Support Service.