

# Supporting someone with dementia during COVID-19

Supporting a person with dementia during this challenging time may be difficult. They will be confined to home more than they might be used to and could experience confusion, frustration and put additional stress on the carer.

Here's some helpful tips to assist in making things a little easier.

## KEEP IT SIMPLE

Keep explanations simple, use words like the flu rather than COVID-19. Write a simple explanation down, leave it where the person can see and read it.

ABC  
1 2 3

## LIMIT NEWS TIME

Limit your time and the person with dementia's exposure to the news.

## KEEP A ROUTINE

Try to keep a routine to your day, keep orientated to day, date and time.

## ACCEPT OFFERS OF HELP

Ask family or neighbours for help if you need groceries or medication picked up. Ensure you only get help from someone you know.

## CONTINUE ACCESSING SUPPORT NETWORKS

Stay connected with new online Dementia Hawkes Bay support groups, socialisation and education programmes. Contact your Keyworker for more information.

## PREVENTION & GOOD HYGIENE

Wash your hands at the same time as the person with dementia. Get them to sing a song for 20 seconds, put a picture in the bathroom showing hands with lots of soapy water. Use hand sanitiser if easier as an alternative.

## SOCIAL DISTANCING

Use an object in the home to show a 2 metre distance like the length of a couch.

## MANAGE WELLBEING

Reach out for support if you're feeling worried, stressed or overwhelmed. Dementia Hawkes Bay team is here for you. Phone or Text 1737 for free counselling.

## BACK UP PLAN

Identify who is able to care for the person with dementia should you become unwell.

## STAY ACTIVE

Try to get outside for fresh air and daylight. If you're able to go for a walk get some exercise around your own house or neighbourhood. Maintain social distancing of 2 metres.



We're still here for you, for advice or support from Dementia Hawkes Bay please contact us:

**PHONE:** Hastings 06 878 7502 or Napier 06 834 0417

**EMAIL:** [admin@dementiahb.org.nz](mailto:admin@dementiahb.org.nz)

**WEBSITE:** [www.dementiahb.org.nz](http://www.dementiahb.org.nz)

**If the person with dementia or their carer develops symptoms of COVID-19 phone your GP or contact Healthline on 0800 358 5453.**