

ALZHEIMER'S SOCIETY

Coronavirus - Support and advice for people affected by dementia.

We hope that you and your loved ones are safe and well. We understand this is a worrying time for everyone, especially for those affected by dementia. We want you to know that we're here for you, and we will help you get the support you need.

If you or someone you care for are worried about coronavirus and need support and advice, call our **Dementia Connect support line** on [0333 150 3456](tel:03331503456).

Alzheimer's Society are here to support anyone affected by dementia through this difficult time. Find out about the ways we can help you with practical tips and advice, information and support below - including a live Twitter Q&A on Tuesday 31 March.

Please note: We cannot offer personalised medical advice. But we will direct you towards other reliable sources if necessary.

Find out more about the symptoms of coronavirus or what to do if you need medical help here: <https://email.alzheimers.org.uk/57EL-6G8Y-2K0VW1-42VJU-1/c.aspx>

There is also information and advice on our website: [Coronavirus - Information for people affected by dementia](#)

This includes a useful section on finding activities for people living with dementia: [Activity ideas for people living with dementia](#)

Dementia and coronavirus

Advice for everyone

To prevent the spread of coronavirus, the government have advised that **we must all stay at home**. There are only a [few exceptions](#) to this, such as if you are a key worker or if you need to get essentials like food and medicine.

Advice for people affected by dementia

We have created advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance, to help during the coronavirus pandemic. **These include:**

- Helping prevent the virus from spreading by washing your hands often with soap and water (or if this isn't possible, a hand sanitiser). And cleaning things you handle a lot such as remote controls and taps.
- Arranging getting essentials like medicine and food, by speaking to your GP or local pharmacy, using online delivery services, or asking a friend, family member or community volunteer for help.
- Making a plan of what to do if you or the person you care for become unwell, such as leaving the number(s) to call prominently displayed.
- Staying active with [gentle exercises](#) and [activities](#) like reading, jigsaw puzzles, listening to music, knitting, watching or listening to the TV and radio.
- Keeping connected with family and friends by phone, post, email or Skype. This is a challenging time for everyone, but a phone call can make all the difference.

Where can I get support and advice?

We can answer all your questions about dementia and give you tips if you find it difficult to follow the NHS advice about coronavirus.

- Call our Dementia Connect support line on [0333 150 3456](tel:03331503456).
- Or, if you speak Welsh, call our Welsh-speaking Dementia Connect support line on [03300 947 400](tel:03300947400).
- Visit our [website](#) for the most up to date information and advice.
- Join our [online community Talking Point](#) where you can connect with others affected by dementia in a similar situation.
- Use our Dementia Connect online support tool to [find dementia information and support](#) that is right for you.

Live Twitter Questions and Answers

From 9.30am-12.00pm on Tuesday 31 March, we will be live on Twitter to answer your questions and offer advice about coronavirus and dementia. Topics will include:

- How can you help a loved one with dementia to keep washing their hands?
- How do you stay active and exercise while self-isolating?
- What activities might be suitable for someone with dementia at home?

Send your questions to [@alzheimerssoc](#) on Twitter, and follow us to get useful tips and advice.

We hope this information is helpful to you.
Take care,

Helen Foster
Director of Operations