

# Living with Dementia

If you are living with dementia or know someone who has just been diagnosed with dementia **with OCCUPATIONAL THERAPY you CAN...**

Occupational therapists have designed these top tips for you to manage day to day, to stay active and keep connected with your local community.



## Staying active in everyday life

**You have a future** – hopes and dreams can still be realised.

**Keep doing what you enjoy** and what's important to you.

**Keep your routine going.** Routines provide structure and familiarity.

**Decide what you need help with** and what you don't.

**Try something new.**

**Use technology,** like mobile phone apps, to stay independent.

## Taking care of yourself

**Exercise,** get out and about.

**Eat regularly** and have a balanced diet.

**Stay connected** to family and friends.

**Keep talking.** Let people know what helps you with communication.

**Take time to relax.** Be aware of how you feel, it's OK to have time to yourself.

**Try to do one thing at a time.** Don't put yourself under pressure.

## What you can do at home

**Use reminders** for information, dates and appointments. Everyday technology can help.

**Declutter** so the objects you use every day are easier to find.

**Use colour contrast** to make objects stand out.

**Remove trip hazards,** like rugs.

**Make sure rooms are clearly lit.** Consider night lights.





## 24 HOUR Dementia Helpline

Freephone: 0808 808 3000

Email: [helpline@alzscot.org](mailto:helpline@alzscot.org)

### Support from an occupational therapist

An occupational therapist can work with you to overcome the barriers that prevent you from doing what matters to you. Occupational therapy can help you to:

- Use your strengths and abilities to stay active.
- Adopt strategies and techniques to continue with daily occupations (activities)
- Make changes to make life easier and to live safely in your home
- Access your community, getting to the shops and local facilities.
- Continue with valued roles, such as working or caring for others.
- Advise family and friends on how to support you to live well with dementia.

### Arranging to see an occupational therapist

You can talk to your GP or a health and social care professional about seeing an occupational therapist. There are occupational therapists working in specialist dementia services and in broader services like rehabilitation and enablement teams.

You can also call the help and advice line of your local council to request advice and an assessment.

Details of occupational therapy services are usually found under *Social Care and Health* on council websites.

