

Coronavirus:

guidance for people with dementia and carers

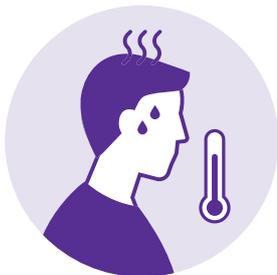
Over the coming weeks and months, we are all being asked to change the way we live our lives so that those who may be most at risk of coronavirus are kept as safe as possible. For people with dementia, their families and carers this period of change will be unsettling. In collaboration with Alzheimer Scotland Dementia Nurse Consultants, we have prepared some information to help you through this time.

During this time Alzheimer Scotland's local teams will be on hand to help if you need any assistance with things such as accessing medication or shopping. Please call our 24 hour Freephone Dementia Helpline on 0808 808 3000 and we will do our very best to help you.

What is coronavirus?

Coronavirus is a respiratory illness which can spread from person to person.

The symptoms of coronavirus are:



A high temperature
or fever



A new, continuous
cough



Shortness of breath

For the most up to
date information
on coronavirus, visit
www.nhsinform.scot
or call
0800 028 2816



How can I reduce my risk of getting coronavirus?



Wash hands with water
and soap/sanitiser for
at least 20 seconds



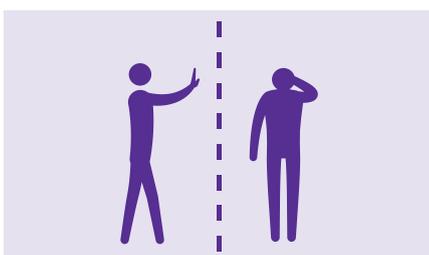
Cough or sneeze into
a tissue and dispose
immediately



Avoid touching your
face



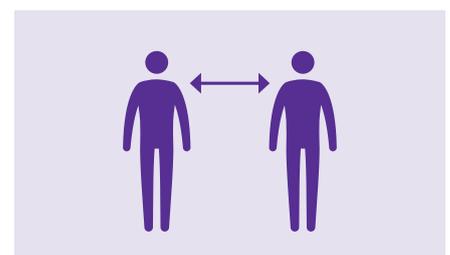
Avoid large gatherings
or gatherings in smaller
public spaces
(such as pubs and gyms)



If you live alone, and are
displaying symptoms, stay at
home for 7 days from the start
of your symptoms. Stay away
from anyone who's unwell



If you live with others, and
are displaying symptoms, you
should all stay at home for 14
days from the start of the first
person's symptoms



If you can, stay a safe distance
(two metres) from people and
sleep alone

Preparing for coronavirus

People over the age of 70, and those with pre-existing health conditions are at high risk of developing coronavirus. If you fall under these categories, then the UK governments are advising you to socially distance yourself. To prepare for this:

- Order any medication you may need, including repeat prescriptions
- Have a list of contact details clearly labelled and keep them visible. This should include family, friends, neighbours, your GP and pharmacy, Alzheimer Scotland's Freephone Dementia Helpline and any emergency numbers such as NHS 24's phone service
- Have enough food to last you for a couple of weeks. Many foods can be frozen, and a supply of meals kept in the freezer will be easy to heat up
- Ensure you have access to soap and hand sanitiser. Leave visual prompts near sinks to remind you to wash your hands for at least 20 seconds
- Plan for any indoor activities. This could include listening to music, reading or puzzles.

Other helpful tips

- Having a routine is important. Try to incorporate activities which can structure your day
- Stay as active as possible. If you have a secure outdoor space, get some fresh air or do some gentle exercise
- Housework is a great way at staying active and also helping to get rid of germs. Use prompts around the house to encourage these activities
- Make regular phone calls to friends, family and trusted neighbours to maintain social interaction
- Drink plenty of fluids
- Many local groups will be cancelled during this time. If you haven't heard from them, it may be worth phoning or checking their websites.

Helpful links

- **Information hub:**
www.readyscotland.org/coronavirus
- **Alzheimer Scotland 24 hour Freephone Dementia Helpline: 0808 808 3000**
- www.alzscot.org/useful-products
technology may help you at this time. This webpage gives unbiased reviews on what might be useful to you.
- **NHS24: call 111**



24 HOUR
Dementia
Helpline

 **Alzheimer
Scotland**
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org