

Coronavirus:

guidance for people with dementia and carers

Over the coming weeks and months, we continue to be asked to adapt the way we live so that coronavirus is contained and everyone is kept as safe as possible. For people with dementia, their families and carers this period of ongoing change will be unsettling. In collaboration with Alzheimer Scotland Dementia Nurse Consultants, we have prepared some information to help you through this time. If you need more information or emotional support, please call our 24 hour Freephone Dementia Helpline on 0808 808 3000 and we will do our very best to help you.

The most common symptoms of coronavirus are:



A high temperature
or fever



A new, continuous
cough

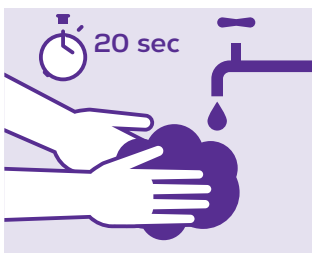


Loss of, or change in,
sense of smell or taste
(anosmia)

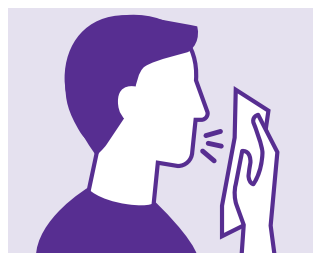
For the most up to
date information
on coronavirus, visit
www.nhsinform.scot
or call
0800 028 2816



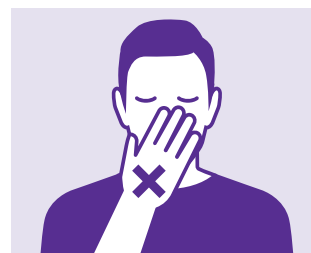
How can I reduce my chances of getting coronavirus?



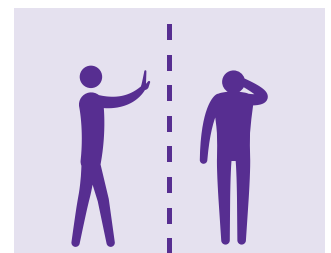
Wash hands with water
and soap/sanitiser for
at least 20 seconds



Cough or sneeze into
a tissue and dispose
immediately



Avoid touching your
eyes, nose and mouth



Avoid contact with
anyone who has a
respiratory illness



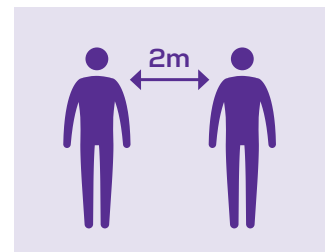
When in shops it is now
compulsory to wear a
face covering



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 display
symptoms and live with
others, they should
stay at home for 14
days from the start of
your symptoms



If you can, follow the 2
metre social distancing
guidelines

Preparing for coronavirus

People over the age of 70, and those with pre-existing health conditions are at higher risk of experiencing severe symptoms as a result of contracting coronavirus and will fall under either the shielding or high-risk category. If you fall under these categories, then the UK governments have placed additional restrictions on your lives to ensure your safety and wellbeing. You can find out what these restrictions are by visiting the NHS Inform website. To support a greater time spent at home:

- 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, 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 but many have adapted to connecting online. 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**
- Technology may help you at this time. This webpage gives unbiased reviews on what might be useful to you. www.alzscot.org/useful-products
- **NHS24: call 111**
- It is normal to feel worried or anxious. Visit clearyourhead.scot/ for more tips on getting yourself through this pandemic.



24 HOUR
Dementia Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org



**Alzheimer
Scotland**
Action on Dementia