



# @AHPDementia Twitter

#AHPDementia #AHPConnectingPeople

Allied Health Professionals  
raising awareness about  
dementia and how they  
can help you, sharing daily  
practical hints & tips!








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## Topics of conversation include:

-  Supporting families and friends as equal partners
-  Enhancing daily living
-  Adapting everyday environments
-  Maximising psychological wellbeing
-  Maximising physical wellbeing



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Top Tweets!



# Supporting families and carers as equal partners

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1

An Occupational therapists can help to make a persons home safer and easier to navigate. Advice on lighting, flooring, cutlery, crockery and visual aids are just some examples. Ask your GP for a referral.

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2

Caring for someone needs resilience. Remember to keep in touch with friends and make time for your hobbies and interests. Your health and well-being is important.

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3

If the person you care for is finding activities of daily living challenging, ask your GP for a referral to occupational therapy. Occupational therapists are experts in analysing activity and identifying ways to increase independence.

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4

If you are asking the person you care for to do something; keep instructions simple. Only ask one thing at a time and check that your request has been understood. Involvement in tasks increases confidence.

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5

Time for yourself is so important. Use a calendar or diary to make sure you plan time for you. If you are struggling with this speak to an occupational therapist for practical advice and support.

Top Tweets!



# Enhancing daily living



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1

The journey of living with dementia is different for each person. Occupational therapists recognise this and aim to provide individuals and their families with the practical tools needed to maintain memory and enable function for as long as possible.

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2

Regular routines can help people living with dementia cope with tasks with an increased sense of security and mastery. The more established and familiar a routine, the more likely the behaviour pattern will remain in the long-term memory.

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3

Activities promote health and well-being and should be meaningful and unhurried experiences. The end result of an activity is less important than the process of carrying it out. What is important, is enjoying the moment.

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4

Keep routines in line with a person's previous occupations. Routines are calming due to their predictability. Day to day functioning and well-being can be improved if a person knows what is coming next.

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5

Dressing is an important activity within which people can continue to express personal choices and preferences. To help, simplify choices to two options & lay out clothes in the order you wear them e.g., starting with underwear, ending with jumper or cardigan.

Top Tweets!



# Adapting everyday environments

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1

Simple environmental cues can support hydration. Fill a jug with coloured squash and use coloured tumblers as a visual prompt, set a “frequent alarm” on Alexa or Google or write a reminder on a white board placed in a prominent location in the home.

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2

Outdoor top tips: make sure steps and paths are clear and in good repair to reduce risk of falls. Place a seat in the garden where you can sit and rest if you need to. Check your front door is easy to tell apart from the others in your street.

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3

Appropriate seating which supports good posture can help reduce pain & discomfort. Both feet should rest on the ground & hips should be slightly above the knees. Chairs with arms are easier to get out of, helping with mobility. Ask an occupational therapist for advice on seating.

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4

Dementia can affect how well a person can tell the difference between colours. Bright and contrasting colours can help items stand out better against their background. Avoid stripes or patterns and stick to a single block of colour.

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5

Bathroom top tips: a simple sign on the door can help identify the bathroom. Consider removing the toilet lid if it makes it easier to identify the toilet. Keep clutter to a minimum. Towels and toilet roll in a contrasting colour to the walls can help prompt use.



Top Tweets!



# Maximising psychological well-being

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1

Singing along to the radio together is an opportunity for connection. Find preferred songs or make a playlist of special tunes. Hum along together - even adding a word to the end of a line is a success. Use rhyme & rhythm to interact.

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2

Take extra time for communication. Try reducing the number of words; drill down to the key message. Pause more to give your partner time to process & respond. Take a moment yourself before you answer. Stop, look & listen.

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3

Listening is vital in conversation. Really listening. What does someone's tone of voice tell you? Why might they have chosen that key word? Can you sense any feelings behind the words? Listen actively & carefully.

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4

Pen & paper is the simplest form of alternative communication when speaking is hard. Even a single letter or line drawing may give a clue & move conversation on. Share it, demonstrate, show.

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5

Try to support what you SAY by adding what you SEE. If understanding language is hard, a visual clue like a supportive gesture, facial expression, drawing or pointing can help. Say, show, repeat, simplify.

Top Tweets!



# Maximising physical well-being

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1

A picnic or afternoon tea is a good way to offer a range of foods, is easy to eat and can be shared. Including foods from previous gatherings with friends or family whilst chatting about them can help stir old memories.

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2

Exercise is good for the brain and the body. Put on some music and along with the person you care for, do some gentle exercises. Try a hand jive or march on the spot. A daily walk not only benefits your physical but mental health.

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3

Physiotherapy can assess your walking, strength & balance, may prescribe a walking aid to support you. Why? using a stick, zimmer frame, wheeled frame or similar can keep you independent & able to get from a to b yourself without requiring another person's help.

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4

How good is your skin on your feet today? Often skin can become dry and cracked - especially around the heels, potentially causing an infection. Daily use of moisturising cream can help. If the skin is open, sore or inflamed contact your local podiatrist for help.

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5

Are specific foods becoming more difficult to swallow? Maybe dry or crispy or crumbly textures are tricky to chew. Can you modify it on the plate to make it easier? If you are looking for more help, maybe add a sauce or mash with a fork. Talk to a speech & language therapist.