



# Helping a person with dementia



Easy Read factsheet





# Contents

Things the person might need help with	4
Helping the person to remember things	7
Listening to the person with dementia	8
Talking to the person with dementia	9
Doing things the person with dementia enjoys	10
Keeping in touch with the person with dementia	12
Helping the person when they need more help	13
Finding out more information about dementia	14

This factsheet is about supporting someone with dementia. It is written for people with learning disabilities. For more information about what dementia is and how it affects people, see Easy Read factsheet ER1,

## **What is dementia?**

Alzheimer's Society worked with the Belfast Dementia Champions with learning disabilities group to produce this factsheet. Alzheimer's Society wishes to thank the group for their contributions.



# Things the person might need help with



People with dementia can still enjoy life. You, their family and friends can help them.



The person may need to do things differently.



You might need to help them to remember things.



The person might feel lonely, angry or confused. Talk to them about their feelings.



The person may act differently. They may repeat themselves, shout or walk around more.



The person might not join in. You should still spend time with them.



# Things the person might need help with



They are still the same person.



Don't treat the person differently because they have dementia.



It is not the person's fault that they seem different to how they were before they had dementia.

# Helping the person to remember things



A calendar or diary can help the person to remember dates or things they need to do.



Notes and labels can help the person find where things are.



Photos can help the person to enjoy remembering.

# Listening to the person with dementia



Listen to the person with dementia.



Be patient. The person may have trouble remembering words.



Don't interrupt the person.



# Talking to the person with dementia



Speak slowly and calmly.



Try to make eye contact.



Include the person in conversations with others.

# Doing things the person with dementia enjoys



If the person needs glasses or a hearing-aid remind them to wear these, so they can keep doing things they enjoy.



Help them to go walking, dancing, gardening, or to meet friends.



They may enjoy looking at photos or magazines.



The person might want to listen to music they enjoy.



The person may enjoy going outside and looking at plants and animals.



# Keeping in touch with the person with dementia



Visit the person and spend some time with them.



Phone the person to talk to them.



Send them a card or note to let them know you're thinking about them.

# Helping the person when they need more help



As the person's dementia gets worse they will need more help.



They might need to move to a care home.



You can still go and see them.

# Finding out more information about dementia



For more information and advice, visit Alzheimer's Society's website [alzheimers.org.uk](http://alzheimers.org.uk)



Phone Alzheimer's Society to talk to someone about dementia on **0333 150 3456**



See our Easy Read factsheet ER1, **What is dementia?** for more information.



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Our information is based on evidence and need, and is regularly updated using thorough quality-control processes. It is reviewed by experts in health and social care and people affected by dementia.

**Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers.**

If you have any concerns about Alzheimer's disease or any other form of dementia, visit **alzheimers.org.uk** or call **Alzheimer's Society** on **0333 150 3456**. (Interpreters are available in any language. Calls may be recorded or monitored for training and evaluation purposes.)

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