

Caring for someone with Dementia

Dementia
Action week
Middle of May
World Alzheimer's
Month September
World
Alzheimer's Day
September

Caring for someone with Dementia can be daunting, challenging and exhausting. You may be caring for a parent, a partner, an elderly relative or a friend with dementia, whoever it is, it's important to educate yourself about the condition but also ensure you also care for yourself. Here are some things to consider.

Accept support - this support may come from other members of your family, a professional or a support group. Just don't be afraid to accept or ask for help. This help will allow you to take a break and have some time to yourself. It may also lead to you making new friends who understand what you are going through. You may learn more about the condition and how other carers deal with the challenges it brings.

Be empathetic - as a carer compassion and empathy are at the heart of what you are doing. Be patient and understanding, don't criticize and judge. Listen and be interested in what they are telling you, even if they have told you many times before.

Be realistic - those with dementia will have good and bad days. Be realistic about the course of the disease, remember that most types of dementia are irreversible and progressive. Dementia will tend to get worse over time and there is no known cure.

It's more than memory loss - memory loss is typically the main dementia symptom. But the symptoms experienced will depend on the area of the brain that is most affected.

The person with dementia will experience a neurological decline that may lead to other issues. This may be linked to their behavior and mood. Towards the latest stages of most types of dementia, patients will struggle with everyday living activities, such as dressing and washing independently. They may also become non-communicative, unable to recognize loved ones and even unable to move about.



**Police
Mutual**
We look after our own

Plan ahead

When caring for someone with dementia things will change, so you should prepare for a time when their loved one may need more care than you can provide, this may be provided from a professional coming into your home each day or with your loved one moving into a residential setting.

You will need to prepare yourself for this emotionally and plan financially for this change. You will also need to ensure you have time to find a care home you are happy with.

Caring for yourself

Caring can be both physically and mentally exhausting, you may be getting up several times in the night, you may have to lift an adult who is heavier than you, or you may be juggling caring whilst also holding down a job.

You may also have the emotional distress of feeling like you are 'loosing' your loved one. Caring for others may lead to mental health conditions including stress and depression.

This is why caring for yourself is absolutely vital when you are caring for somebody else. So ensure you eat and sleep well, do some exercise and take some time for yourself.

GETTING HELP:

NHS

www.nhs.uk
www.wales.nhs.uk
www.nhsinform.scot

AGE UK

www.ageuk.org.uk
www.ageuk.org.uk/cymru
www.ageuk.org.uk/scotland
www.ageuk.org.uk/northern-ireland

CITIZENS ADVICE

www.citizensadvice.org.uk
www.cas.org.uk/
www.communityni.org/organisation/citizens-advice-northern-ireland

GOV UK

www.gov.uk
www.gov.wales
www.gov.scot
www.nidirect.gov.uk

www.carersuk.org

www.disabilityrightsuk.org

www.dementiauk.org

www.alzheimers.org.uk

www.stroke.org.uk

Your GP

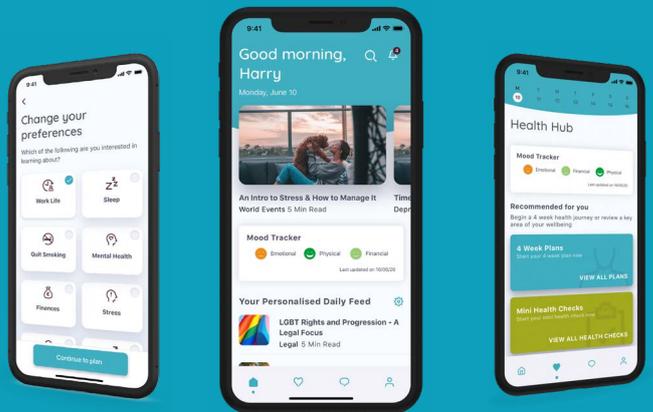
Health & Wellbeing

Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredapp.co.uk>

Username: policemutual Password: careline



Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

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