



**A simple, step by step guide to caring for a loved one living with dementia during the Corona / Covid-19 crisis.**

## **PREPARE**

**Make sure you have medical supplies and medication.**

**Make sure you have heating for the next few months.**

**Arrange standby carers. In the event that you become ill or have to self-isolate, have other family members, friends or neighbours on standby to help care for your loved one.**

**Arrange other forms of contact.** Make sure your loved one has access to a phone and can use it. Ideally enable video calls.

Keep important details at hand. See the form on the reverse of this page.

## **CARE**

**Be Safe.** Wash your hands. Be mindful of ensuring your loved one does too. Cover your mouth and nose when coughing and/or sneezing. Clean frequently touched objects and surfaces.

**Limit visitors to the house.** Practice social distancing. Keep a distance of 2 metres (6.5 feet) between each other.

**Keep up your routine.** Changes in routines can be very challenging for those with dementia. If possible, keep daily exercise part of your loved one's routine.

**Keep calm.** Try to keep your loved one's environment as relaxed and calm as possible.

**Care for yourself.** Mind your own mental and physical health.

**Call the Alzheimer Society Help Line on 1800 341 341  
For practical information and emotional support about dementia.**

# MY IMPORTANT INFORMATION

Fill out this Important Information form. Then store it in a plastic bag in the fridge where any paramedic or carer can find it quickly and easily.

My name is: \_\_\_\_\_

But everyone calls me: \_\_\_\_\_

My brief medical history – Conditions I have:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The medications I am on:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MY CONTACTS

My main carer is: \_\_\_\_\_

Telephone: \_\_\_\_\_

My G.P. is: \_\_\_\_\_

Telephone: \_\_\_\_\_

My pharmacy is: \_\_\_\_\_

Telephone: \_\_\_\_\_

## OTHER CONTACTS

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relation to me: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relation to me: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relation to me: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relation to me: \_\_\_\_\_