

Six easy ways to help someone with dementia

Stigma not only hurts people with dementia. It also stops them and their families confiding in others and getting the support they need. For someone with dementia, it's the little things that make the difference:



Educate yourself

Find out about dementia and how it affects people who have it. Read books, attend workshops and consult with health care professionals. Share your knowledge with friends, families and workmates. The more people who know about dementia, the easier things will become for the people who have it.



Avoid burnout

Make time for yourself. Join caregiver support groups. Pursue interests beyond your caregiving role, such as exercise, hobbies and art. Maintain your own physical and mental health. Exercise, respite and other activities can reduce stress. Seek medical help if you begin to feel depressed or anxious.



Use kind words

Understand the experience of your loved one. Adjust your expectations. Be patient and kind. Kindness, humor and creativity are essential parts of caregiving. Hugs, hand massage and other gentle physical contact will help your loved one feel connected and loved.



Talk to me

Focus on your loved one's strengths and enjoy your relationship while you are still able to. Many people say that they become invisible as soon as they tell others they have dementia. This can be hurtful. Don't be afraid to continue to engage with your loved one.



Be patient

There are little things everyone can do to help someone with dementia. Learn caregiving techniques. Key areas are communication skills, safety concerns and managing behavioral challenges and activities of daily living. Help them keep doing the things they do every day.



Be a friend

Keep in touch. Social contact can help slow down the progress of dementia. Discuss the situation with family and friends. Support systems are critical. The support of friends and family helps someone with dementia stay connected and part of their community.

Bayshore caregivers can help provide respite care so you can take a break from caregiving. Our caregivers are trained and certified to care for individuals with dementia, ensuring they get the right care and support.

To find out more, contact Bayshore at
1.877.289.3997 | clientservice@bayshore.ca

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