

What can you do to help?

- Kindness
- Commonsense
- Avoid getting the person stressed
- Use good communication skills
- A smile!

These are just suggestions that may go a long way to help the older person with dementia.

People with dementia want to be treated with dignity and respect, just like you would want to be treated.

Value the person and be patient with them.

Safe Havens

Some towns & villages will have a Safe Haven offering a place or safety to those living with Dementia should they find themselves lost or away from home.

Phone the Police on 101 and they can advise if there is a Safe Haven in your area.

Local Dementia Groups supported by GCC

Blandford Dementia Alliance
blandforddaa@outlook.com

Broadstone Stepping Stones
annettebrooke4@gmail.com /
@Broadstonesteppingstones

Corfe Mullen Dementia Friendly Community
07856 579750 / peterjonescipn@outlook.com
@corfemullendfc

Ferndown Dementia Friendly Town
07900 898085 /contact@fdft.org.uk
@Ferndowndementiafriendlytown

Wimborne Dementia Friendly Community
susanann44@btinternet.com / 07730941160 /
@WimborneDFC

Other Useful Contacts

NHS Helpline
111

Police
101



@growingcompassionatecommunities



@GCCcharity

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How to help people with dementia and memory problems

A guide for staff/carers or family members wanting to know more about dementia and what help is available in your area.

What is Dementia?

It may not be immediately obvious that someone has dementia. There are many forms of dementia which are all a disease of the brain that can cause problems with:

- Memory
- Everyday tasks
- Communication
- Perception
- Sensory changes

Dementia is a disease for which there is no cure and can affect any age. It is not just a side effect of getting older.

Signs to look for:

- Looking or saying they are confused
- Searching for something
- Looking like they don't know what to do next
- Having problems with money
- Looking blank
- Becoming anxious

What happens?

Dementia affects people in different ways. No two people are the same.

Those with dementia often experience:

- Forgetfulness
- Confusion
- Hallucinations
- Communication difficulties
- Difficulty learning new things

All of these changes can often impact on the way a person may behave.

Dementia starts off with mild symptoms that may develop over time.

As people become more unwell they will experience changes in their mood, personality and behaviour.

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Do

- Approach them in a friendly manner
- Ask them if you can help
- Advise them to take their time, there is no hurry
- If they are having problems with money, offer to show them the correct coins or notes.
- Always listen carefully
- Make sure you are communicating your correct body language
- Speak clearly & allow time to listen
- Let them know if you don't understand what they are saying. Try saying something another way
- Ask them to write it down or point out what they want

Don't

- Attempt to hurry them
- Show impatience
- Shout or talk loudly
- Raise your eyebrows
- Give 'knowing looks' to others