

STAYING SAFE & WELL

Optimising safety and wellbeing at home

Dementia affects memory, thinking, orientation (to time & place), comprehension, learning, language, judgement and behaviour. All of these symptoms make it difficult for the person living with dementia to function at their full capacity so it is important we make things easier in order for them to live well and safely.

- ✿ *Listen to calming sounds or favourite music playlist*
- ✿ *Spend time in nature*
- ✿ *Make sure to do light exercises everyday*
- ✿ *Encourage independence; let your loved one do as much for themselves as possible*
- ✿ *Reminisce about happy times, adventures, experiences*
- ✿ *Continue to engage in meaningful activities that bring enjoyment*
- ✿ *Maintain regular contact with friends and family in person or electronically*
- ✿ *COVID is still out there; practice frequent hand hygiene, social distancing, wear a mask outside the home and cough or sneeze into your elbow. The same applies to home visitors*
- ✿ *Be aware of any symptoms and consult your GP*
- ✿ *Make the most of your GP appointments; you have 15 minutes minimum!*
- ✿ *Watch for changes in mood; mental health can exacerbate symptoms of dementia*
- ✿ *If there is sudden increased confusion, or agitation consult your GP for delirium or a urinary tract infection*
- ✿ *Use technology to assist with orientation (senior's clock) and safety (lifeline alarm, GPS tracker), Alexa, Google Nest/Home*
- ✿ *Safely store medication and cleaning fluids*
- ✿ *Remove poisonous plants and all hazardous and/or flammable substances*
- ✿ *Use a night light to enable finding the way to the bathroom*
- ✿ *Make sure identification and allergy bracelet is worn at all times*
- ✿ *Remove any clutter or trip hazards from the floor*

At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.



ST LUKE'S CARE

Michelle Beaumont - Dementia Consultant - 0434 826 714 - mbeaumont@slc.org.au

St Luke's Care 18 Roslyn Street Potts Point NSW 2011 www.slc.org.au