

Top Tips to support people affected by dementia this Christmas

Tip 1

The appearance of Christmas decorations can be confusing for people with dementia, so introduce them gradually



850,000 people live with dementia



Tip 2



49%

of people affected by dementia find the change in routine at Christmas stressful. Keeping to set meal times can help

Tip 3

38%

feel the extra noise at Christmas can be frightening. Why not ask visitors to spread out their visits so it is more manageable or have a dedicated quiet area



Tip 4



Too much food can be daunting for someone with difficulties eating. Avoid overloading their plate and consider finger foods

Tip 5

It's good to talk to others who are in a similar situation.

Talking Point is an online discussion forum for people affected by dementia to share advice and experiences www.forum.alzheimers.org.uk



Tip 6

Listening to familiar Christmas music and reminiscing over photos can be particularly enjoyable for people with dementia



Alzheimer's Society offers vital services to support people living with dementia.

Text: **DONATE** to: **70660** and donate **£3** this Christmas



Texts will be charged at your standard network rate. The Alzheimer's Society receives 100% of your donation. Obtain bill payer's permission first. Customer Care: 0330 333 0804. Charity number 296645. Reply 'NOCALL' to opt out at any time.



670,000 people care for someone with dementia

An Alzheimer's Society survey of 381 people, made up of people with dementia and their friends, family and carers ran between 25 October and 1 November 2016.