

Tips for supporting your loved one at home

We know that routine is important for those living with dementia. Sometimes it may be more difficult to get out and about as much as you would like to, for example on really warm or rainy days, so here are some tips on how to support your loved one and keep them engaged at home.

- 1. Photo albums:** Where are the old photo albums? Sit and look at the album together reminiscing about family, friends, travel and good memories.
- 2. For the love of music:** Create a playlist with your family's favourite music, play the music and listen to the music together, sing together, or you may even want to dance together.
- 3. Boxes of old letters and cards:** You may have old birthday cards or saved holiday cards in a shoebox, read them or write cards together for upcoming birthdays.
- 4. Home videos:** Ask family members and friends to send videos to your phone. At GHA, we can share videos with our Homemakers so they can show your family member when you are not around. At home, you may want to set up the videos on a larger screen like your laptop or tv, so that you and your loved one can watch together.
- 5. Get your hands dirty and garden together:** Try planting a small plant or seedlings in the garden or pot plant. This can create continual purpose as you and your loved one care for a plant.



- 6. Hand massage:** You may want to use a special hand cream or hand sanitiser and massage your family members hands.
- 7. Go travelling:** Coffee table books of places around the world can be a great way to start conversations of places that are important or listen and share stories of your loved ones travels.



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