

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 Haven - Forest Hill House

Initiated to help the local community, police & public with people with dementia who are lost in the community. Offering a reassuring temporary place of safety until their loved ones are contacted.

Number to call is 01202 631741.

For further information visit the CMDFC website.



Useful Contacts & Groups

Drop In - 07856 579750 - Village Hall - 4th Friday of each month.

Reminiscence Group - Corfe Mullen Library - 1st Friday of each month.

Carers Support Group - Corfe Mullen Library - 2nd Friday of the month.

Down Memory Lane—St Nicholas Church—3rd Tuesday each month.

Memory Advice Service - 0300 123 1916

Hadleigh Lodge - 01202 694721

Police - 101

To find out more about the Dementia Friendly Community in Corfe Mullen contact:

Peter Jones - 07856 579750

Visit our website:



CMDFC

Corfe Mullen Dementia Friends Community

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 Corfe Mullen

What is Dementia?

It may not be immediately obvious that someone has dementia. There are many forms of dementia of 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?

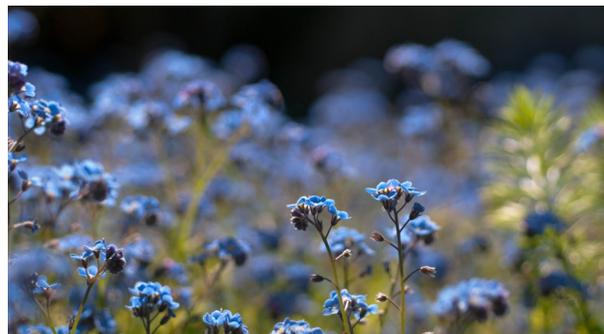
Dementia effects people in different ways. No two people are the same. Those with dementia often experience:

- 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 behavior.



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.