



The Alzheimer's Dementia Carer's Companion

A Practical Ready Reckoner for Families and Loved Ones
brought to you by:



Dementia Sphere

Your Community for Sharing, Caring & Hope

Dementia Sphere is about creating a space and platform where caregivers and family members of those living with dementia can seek information, advice and share experiences.

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Welcome

If you are caring for someone with Alzheimer's Dementia, you are not alone. This guide is designed to support you with simple, practical information about the condition and how to care for your loved one with confidence, patience and compassion.

What is Alzheimer's Dementia?

- Alzheimer's Dementia is a condition that affects the brain.
- Over time, it damages brain cells, making it harder for a person to remember, think clearly, make decisions and carry out everyday tasks.
- It is often mistaken as the ageing process.
- It is a progressive condition, meaning symptoms gradually worsen over time.
- It is not caused by anything the family or carer has done.



SYMPTOMS

Early Stage

- Forgetting recent conversations or events
- Repeating questions
 - Misplacing items
- Difficulty finding the right words

Middle Stage

- Increased confusion
- Behavioral changes
- Sleep disturbances
- Needing help with daily activities

Advanced Stage

- Difficulty eating or swallowing
- Limited speech or communication
- Full time care and support required



DIAGNOSIS

Diagnosis usually begins with a visit to the GP, who may refer the person to a memory clinic. Tests may include:

- memory assessments,
- blood tests, and
- brain scans.

An early diagnosis helps families:

- plan ahead,
- access support services and
- make important legal and financial decisions



CARE & SUPPORT

Daily Care

- Maintain a regular routine
- Ensure balanced meals and hydration
- Create a safe home environment
- Keep important items in consistent places

Managing Behaviour Changes

- Avoid arguing or correcting harshly
- Gently redirect attention
- Look for triggers such as pain, hunger or fatigue

Communication Tips

- Speak slowly and clearly
- Use short, simple sentences
- Give one instruction at a time
- Maintain eye contact and reassurance



WAY FORWARD

Looking after yourself

Caring for someone with Alzheimer's can be emotionally and physically demanding. Looking after your own wellbeing is essential.

- Take short daily breaks
 - Practice simple breathing exercises
 - Talk to friends or support groups
- Ask for help when you need it

Seeking Help

- Join local or online support groups
- Arrange respite care when needed
- Plan for future care needs early
- Seek professional advice when unsure

Financial & Legal Planning (UK)

- Consider arranging a Lasting Power of Attorney (LPA)
- Check eligibility for Attendance Allowance
 - Explore Carer's Allowance
- Ask for a local authority care needs assessment
- Plan ahead with wills and advance care planning

Carer's Planning Checklist

- Diagnosis confirmed
- LPA arranged
- Benefits reviewed
- Home safety assessed
- Emergency contacts prepared
- Medication list updated