

# USEFUL RESOURCES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR FAMILIES DURING THE CORONAVIRUS PANDEMIC

If you are living with dementia, or supporting someone who is, you may be finding the restrictions put in place due to the coronavirus pandemic difficult to understand and to deal with. For example, you may be unsure what you are and aren't allowed to continue doing, or the support you receive or are able to provide may be affected. Below are details of helplines, online forums and websites providing support for people living with dementia and their families in general, and support and advice specific to coronavirus. We hope you find it helpful.

## TELEPHONE HELPLINES:



### Dementia UK Helpline

0800 888 6678 or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

Support for people living with dementia or people caring for someone with dementia, including support specific to the coronavirus. The helpline is open 7 days a week; Monday-Friday 9am-9pm, Saturday & Sunday 9am-5pm and is staffed by specialist dementia (admiral) nurses.



### Alzheimer's Society Helpline

0333 150 3456 (English-speaking)    0330 094 7400 (Welsh-speaking)

18001 0300 222 1122 (via textphone/adapted computer if you have speech or hearing difficulties)

Access to dementia advisors who will listen and give you support and advice, including coronavirus advice. The helpline is open 7 days a week; Monday-Wednesday 9am-8pm, Thursday & Friday 9am-5pm, Saturday & Sunday 10am-4pm. Simultaneous language translation is available if required.

Anything underlined in blue like this is a link you can click on

## ONLINE SUPPORT FORUMS:



The Alzheimer's Society has an online forum called [Talking Point](#). It provides a space for people living with dementia and their families to talk online. You can either read what other people are talking about or join the forum and post questions and answers of your own.

## WEBSITES:



### Dementia UK Website

<https://www.dementiauk.org/>

Support is available on a range of topics, including understanding dementia, looking after yourself as a carer, [leaflets](#) around many aspects of dealing with dementia, and a page offering [coronavirus advice for people living with dementia and their families](#). There are also [frequently asked questions about coronavirus and dementia](#) and [leaflets specific to coronavirus related issues](#).



## Alzheimer's Society Website

<https://www.alzheimers.org.uk/>

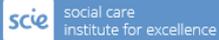
Has information on a range of topics relating to all types of dementia, including lots of [information about dementia](#), [factsheets, resources and magazines](#), and information about [supporting people living with dementia during the coronavirus pandemic](#). If you or someone you support needs to be admitted to hospital you may like to fill in a '[This is me](#)' form to tell the staff more about the person and their needs.



## Carer's UK Coronavirus Guidance

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Information specific to being a carer during the coronavirus pandemic, including how to support people from a distance, advice on making alternative arrangements when you cannot continue caring yourself, and how to minimise infection risks from support workers coming into yours or someone else's home.



## Coronavirus advice for care homes and home care providers

<https://www.scie.org.uk/care-providers/coronavirus-covid-19>

Information for care homes and home care services on coronavirus. This is aimed at these services rather than people who use these services, but you may find it helpful to see what advice and procedures social care services are following to deal with coronavirus.



## Ways to keep active during the coronavirus

Links to [websites, videos and activities for keeping active during the coronavirus restrictions](#), including sections for older people and activities for the whole family.



## Activities to keep you or someone you care for occupied

Ideas and links to various [activities](#) including reminiscence ideas and resources.

## EASY READ/LISTEN INFORMATION ABOUT CORONAVIRUS:



An [easy read leaflet about corona virus](#) covering what people most need to know.

An [audio version of the easy read leaflet about coronavirus](#).

## INFORMATION IN OTHER LANGUAGES:



You can download information leaflets about coronavirus in 20 different languages [here](#). The [Alzheimer's Society](#) and [Dementia UK](#) provide some of their information and resources about dementia in other languages.