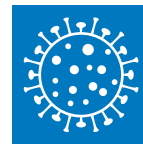


# Tips for family carers **NOT** living at home with persons with dementia during Covid-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

Place visual signs to remind the person with dementia to wash hands with soap.



Make sure persons with dementia have activities that they can engage in at home such as magazines, music, knitting, their favourite TV/ radio programmes.



Technology can help alert you to any problems and give you peace of mind. You may find it valuable to explore some apps and devices specifically designed with carers' needs in mind, such as CareFolk

Using Assistive Technology such as digital clocks, sensors, etc. to help in orientation, home safety.



Fill prescriptions and check to make sure there is enough medications.



Keep in touch by phone, post, email or Skype. They may be anxious about the situation.



Encourage them to consider gentle exercises at home.

Make sure that they have emergency phone numbers so that they know where to get help.



**Staying healthy:** Pay attention to flu or pneumonia-like symptoms in yourself. Practice good hand hygiene and follow current guidance from the HSE.ie regarding COVID-19.

Please visit websites of [Alzheimer.ie](http://Alzheimer.ie), [Siel Bleu](http://SielBleu.com), [Carer Alliance](http://CarerAlliance.ie) and [ALONE](http://ALONE.ie) for further guidance.

Compiled by TUH Memory Assessment & Support Service.



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