

Things you can still do when you have Dementia



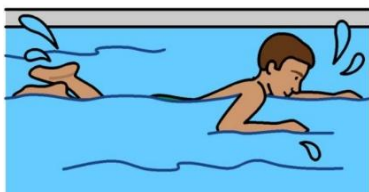
You can still have **fun** and **stay healthy** when you have dementia.

These things will help you **enjoy life** after a diagnosis of dementia.

Stay Active



Get regular **physical activity** like **walking** or **gardening**.



Or try **tai chi**, **dancing**, or **swimming**.

Do things that help your mind

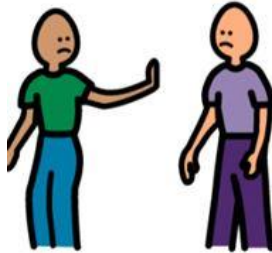


Singing groups, like Singing for the Brain, or music for memory.

Do things you enjoy



Be with people.
Stay in touch with **family** and **friends** and join **local groups** or **day centres**.



You might want to be **on your own more often**, this is OK too!

Eat Well



Eat a **healthy, balanced diet** and drink plenty of fluids.



High-nutrient drinks and snacks can also help.

Sleep well

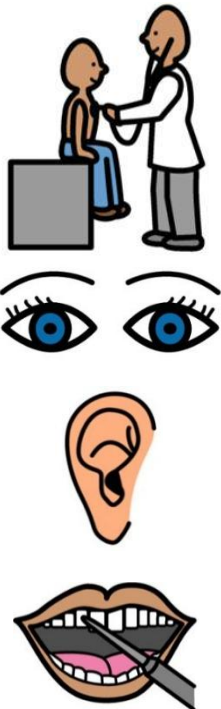


Try to get **enough sleep**



Limit caffeine and **alcohol** in the evening

Look after your health

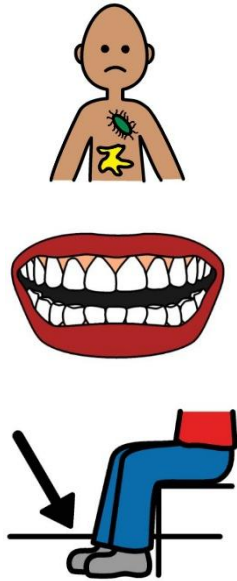


Your family or support worker will make sure; you have **regular checkups** on your:

- Eyes
- Ears
- Teeth



Discuss any **long-term conditions** with your GP. Let them know if you **feel unwell!**

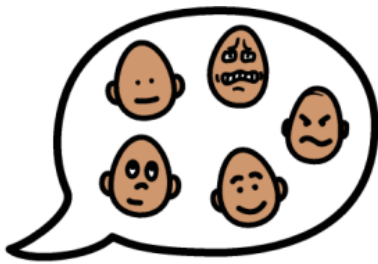


Pain caused by:

- Infections
- Gums
- Teeth
- Feet

Can **hurt** and **increase confusion**

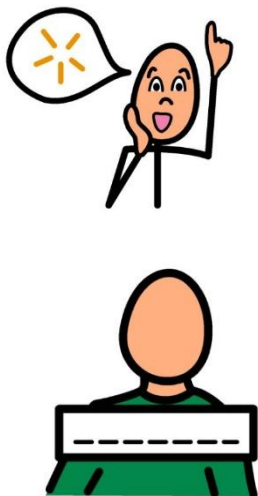
Look after your mental health



Talk to your GP about feelings of depression/sadness, anxiety/worry, or anger

There are ways to help!

Make your home and places you go work for you



Use tools that can help you **remember things!**

You can make a “**This is Me**” **book** from the Alzheimer’s society

This will help you remember people’s personal details

Be kind to yourself



Allow yourself and those around you to **relax**



Be kind to yourself