

# Being there for someone who has dementia

## Easy Read



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia

# Finding out someone has dementia



This booklet will help if someone you know has dementia.



You will find out ways you can help them.

You will also find out what can help you too.



Do not worry if you do not know what to say or do when someone has dementia.



Just being there for them can help.

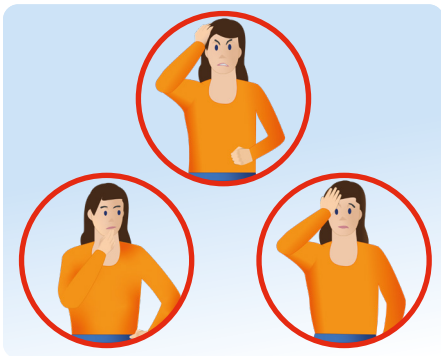
# What changes to expect when someone has dementia



Some people might forget things, like your name or where they are.



Some people find it hard to talk or understand you.



Not everyone gets the same problems.



If someone seems different to normal, you might feel worried.



Try to stay calm and use some of the tips on the next pages to help.

# You can help someone with dementia by:



Being patient and understanding with them.



Finding ways to help them remember things.



Talking to them about their memories.



Planning an activity together.



Asking them how they feel and what they want.

# Remember to look after yourself too



Only help as much as you feel you can.



If you start to feel upset, do not worry if you want to take a break.



Tell your support worker or doctor if you need more help.

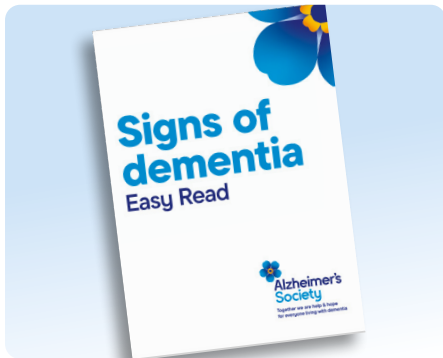


Make sure you look after your own health too.

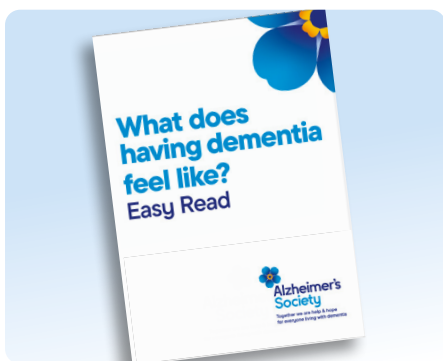


Join a support group and talk to people who are in a similar situation to you.

# More booklets for you



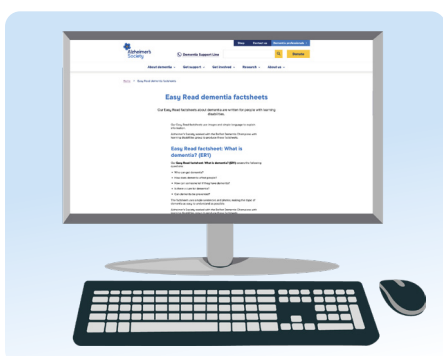
Signs of dementia



What does having dementia feel like?



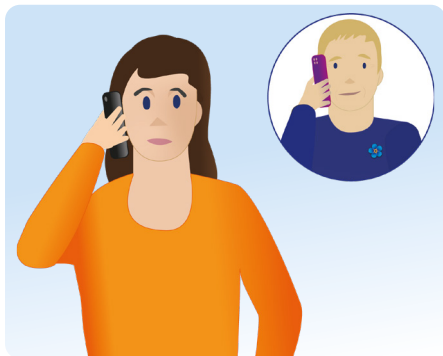
Help when you have dementia



You can find out more information on our website.

[www.alzheimers.org.uk/easyread](http://www.alzheimers.org.uk/easyread)

# How we can help you

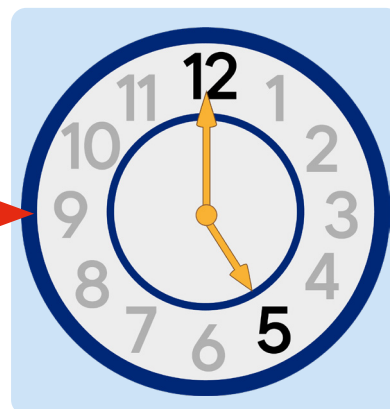
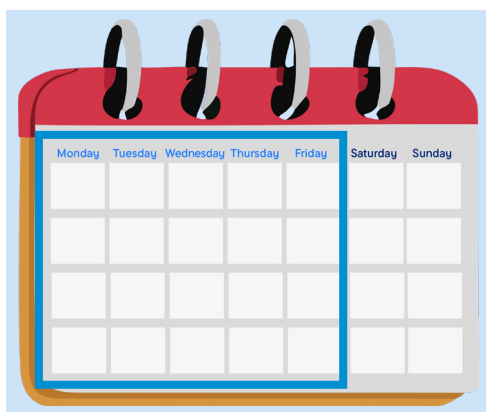


You can talk to someone on our support line.

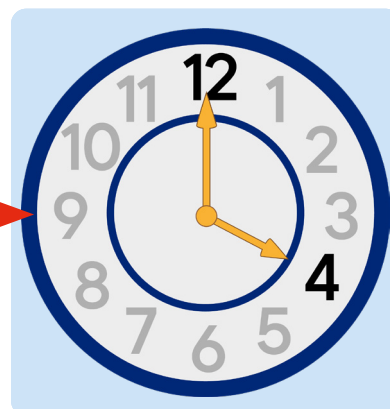
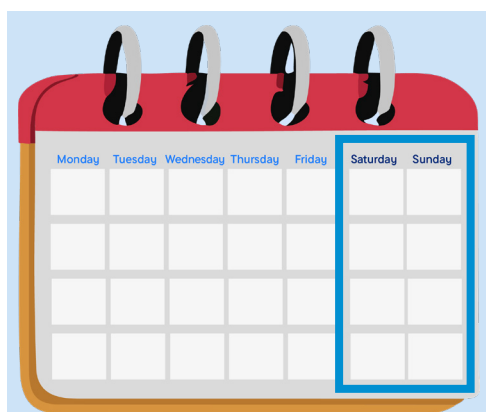
Call **0333 150 3456**

[www.alzheimers.org.uk/get-support](http://www.alzheimers.org.uk/get-support)

Monday to Friday: 9am-5pm



Saturday and Sunday: 10am-4pm



You can find more information on our website.

[www.alzheimers.org.uk/get-support](http://www.alzheimers.org.uk/get-support)



## Did this booklet help you?

Please let us know if you have questions or feedback about this information.

- Is it good or bad?
- Is anything missing?
- Is there anything you did not understand?

**Phone** 0333 150 3456

**Email** [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

**Website** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

ER5 Being there for someone who has dementia  
Reviewed April 2024  
Next review April 2027

© Alzheimer's Society, 2024

Registered charity no. 296645. A company limited by guarantee and registered in England no. 2115499. Alzheimer's Society operates in England, Wales and Northern Ireland.

