

Mobility strategies

Remaining physically active can have a significant impact on well-being. When you are [caring for someone with dementia](#), if you are able to help them retain mobility, it can also enable greater co-operation and opportunity for shared [activities](#).

There may be many reasons why someone with [dementia](#) loses mobility but with specific goals in mind and a positive and practical approach to solving problems, there are ways in which you can help them [stay active](#). Promoting mobility for people with dementia by Rosemary Oddy is a new book produced by Alzheimer's Society which provides comprehensive and accessible information on all aspects of maintaining mobility. Along with the case studies, illustrations and practical tips that are included in this publication, it also contains strategies with which to approach specific situations. These are listed below and may be downloaded individually or as a complete set.

- [Mobility strategies for specific situations \(complete set\)](#)
- [Mobility strategy - communication](#)
- [Mobility strategy - sitting to standing](#)
- [Mobility strategy - approaching a chair](#)
- [Mobility strategy - walking](#)
- [Mobility strategy - steps and stairs](#)
- [Mobility strategy - one seat to another](#)
- [Mobility strategy - using a bed](#)



Buy the book

Promoting mobility for people with dementia: a problem-solving approach can be purchased for £30 by emailing publications@alzheimers.org.uk

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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