

Ten ways to help a family living with dementia

1. **Stay in touch - show you care**
[A card, a call or a visit mean a lot](#)
2. **Treat the person with respect and dignity**
Focus on what the person can do, not what they can't. Read our factsheet [Understanding and respecting the person with dementia](#)
3. **Do the little things**
Cook a meal or run an errand. Find out more in our factsheet [Food for thought: Eating and nutrition](#)
4. **Offer specific help**
Tackle something on the <a>
5. **Find out more about dementia**
Learn about the effects of [Alzheimer's disease and other forms of dementia](#)
6. **Organise an outing**
Plan a treat that includes the person with dementia. Find out more in our [Travelling and going on holiday factsheet](#)
7. **Be a good listener**
Support and accept - try not to judge. Find out more in [Caring for a person with dementia](#)
8. **Stay healthy**
So your family can offer practical support to the person with dementia - [Staying healthy factsheet](#)
9. **Make sure everyone has some time to themselves**
[Fill in as a carer from time to time](#)



10. **Everybody in the family's important**

Dementia affects everyone in the family differently. Find out how [counselling](#) could help

[Talking point](#) is an online community where people with dementia and their carers can share their experiences and seek day-to-day advice. alzheimers.org.uk/talkingpoint

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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