



# E-BOOKLET ON DEMENTIA TIPS FOR CAREGIVERS DURING COVID-19

Developed by Caregiving and Community Mental Health  
Division, Agency for Integrated Care



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[/DementiaFriendlySingapore](https://www.facebook.com/DementiaFriendlySingapore)

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# PROTECT YOURSELF PROTECT YOUR LOVED ONES

During COVID-19 Circuit Breaker  
Measures

## WHAT YOU NEED TO KNOW



### STAY HOME

Only leave house for work which are essential services, buying groceries, cutting hairs, doing laundry, provide assistance to seniors (60years and above)/ person with disability, or seek medical services. Seniors should minimise staying out so as to reduce exposure to possible infection.



### WEAR MASK OUT AT ALL TIMES

Mandatory for all in Singapore to wear mask when out, except for kids under 2 and those doing strenuous exercise. Remember to put on mask after exercising.



### SAFE DISTANCING

Maintain at least 1 metre away from others outside. Observe the safe distancing practice in supermarkets, eateries, and other places. Avoid crowded places and peak hours.



### TAKEAWAY/ DELIVERY

While food and beverage outlets all remain open, they can do only takeaway and delivery. No dine in is allowed.



### NO VISITING/ GATHERING

Social contact should be confined to immediate family members living in same household. Stay connected with extended family and friends through phone or video calls and text messages. Exceptions can be made in emergencies or when seniors living alone require assistance or attention.

HAVE A QUESTION?  
Call AIC hotline 1800-650-6060 or  
Email to [ccmh@aic.sg](mailto:ccmh@aic.sg)



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# DECIDING WHO DOES WHAT

NEED AN EXTRA PAIR OF HANDS TO HELP WITH CAREGIVING DUTIES FOR YOUR LOVED ONE WITH DEMENTIA DURING THESE TRYING TIMES?

Remember, you are not alone.



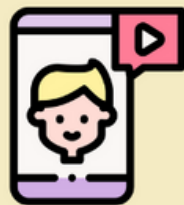
## REACH OUT TO YOUR FAMILY

Someone may have to move in temporarily with you and your loved one to share the caregiving duties



## ASK FOR HELP

Delegate tasks like grocery shopping and ordering of food to a savvy member of the household



## KEEP IN REGULAR CONTACT

Keep in regular contact with loved ones via phone or video calls, and involve your loved one too!

For more information on how to keep the family involved, see Book 2 of the Living with Dementia Resource Kit for Caregivers.

Visit <https://aic.buzz/dementia-book2> to download the resource kit!



HAVE A QUESTION? EMAIL US AT [CCMH@AIC.SG](mailto:CCMH@AIC.SG)



# Are you trying to explain Covid-19 to your loved one with dementia?

Here are some tips:

1. Present info in a **clear and simple manner.**

2. **Avoid overwhelming** with too much information.

3. If your loved ones appear confused or distressed watching news, **respond to their feelings and provide assurance.**



For more info, please refer to the **ADA's Dementia Care Tips During the COVID-19 Pandemic** at <http://alz.org.sg/covid19/>.



**Have a question?**

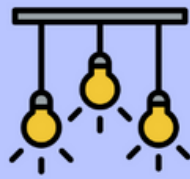
Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC hotline at **1800 650 6060**.



# Creating a dementia friendly environment at home

Did the senior care centre close, and now your loved one with dementia spends a lot of time at home?

Here are some simple tips to make your house dementia-friendly!



Maximise lighting and minimise shadows by opening curtains, placing lights in dark hallways or corners, etc



Put a large scale clock in the main living areas to reduce disorientation



Remove clutter and potential safety hazards that could present a fall risk to your loved one



Write visual cues on post it notes, sticking them on places they will see, e.g. wash hands for 20 seconds, bedroom, fridge, remember to turn off the stove

For more information on home modifications, please see Book 2 of the Living with Dementia Resource Kit for Caregivers.

Visit <https://aic.buzz/dementia-book2> to download the resource kit!



Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg)





## How do I engage my loved one with dementia at home?

Here is what you can do:

1

Develop a daily routine for your loved one – it is a good way of providing them with some structure

2

Have members of your household lead a specific programme/ timeslot with your loved one so that caregiving duties are shared

3

Start on a family project – create an autobiography with your loved one!

For more information, please download the Living with Dementia Resource Kit for Caregivers here: <https://aic.buzz//dementia-book3>

Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC Hotline at 1800-650-6060



## Is your loved one with dementia getting restless from having to STAY AT HOME during these COVID-19 times?



Acknowledge your loved one's feelings and experience

Develop a daily routine for your loved one – it is a good way of providing them with some structure



Include a walk in the nearby park as part of the routine. Remember to wash your hands after returning home!



Have activities for your loved one



For more information, please download the Living with Dementia Resource Kit for Caregivers here: <https://aic.buzz//dementia-book3>

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# IS YOUR LOVED ONE WITH DEMENTIA CONFUSED WITH THE PRESENCE OF SO MANY PEOPLE (WORKING) AT HOME?



## 1.

Always reassure your loved one.



## 2.

Ask family members to stay in their rooms as much as possible to avoid overwhelming your loved one.

For more info, please refer to the  
**ADA's Dementia Care Tips During the COVID-19 Pandemic**  
at <http://alz.org.sg/covid19/>.

**Have a question?**

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## MOOD CHANGES, ANXIETY AND DISCOMFORT IN YOUR LOVED ONE WITH DEMENTIA IS NOT UNEXPECTED DURING THESE TIMES.

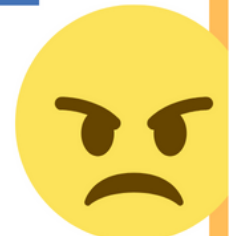
HERE ARE SOME REASONS WHY:



**1.**  
Changes in  
daily routine  
may leave them  
feeling lost.



**2.**  
Feeling  
frightened or  
anxious when  
they see people  
wearing masks.



**3.**  
Physical  
discomfort such  
as dehydration  
(the weather is  
sweltering!),  
constipation,  
sleep cycle  
change.

For more info, please refer to the  
**ADA's Dementia Care Tips During the COVID-19 Pandemic**  
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# Having a tough time getting your loved one with dementia to WEAR A MASK?

## DO'S AND DON'TS IN COMMUNICATION



Here are some tips:

**1** Communicate with them at eye level and speak slowly



**2** Allow your loved one some time to respond and understand what you are saying



**3**

Give visual cues - point at the mask to explain what you are going to do

For more information, please download the Living with Dementia Resource Kit for Caregivers here: <https://aic.buzz//dementia-book3>

Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC Hotline at 1800-650-6060



## Tips to encourage your loved one with dementia to wear a mask

### 1 Find the right person

- Have someone whom your loved one trusts (e.g. eldest son) to convince them to wear a mask
- Create a reminder - place a photo of your loved one's favourite person and a mask side by side, near the door
- Explain to your loved one that they may cause others to fall sick if they do not wear a mask

### 2 Give choices

- Allow your loved one to decorate a reusable mask
- Give your loved one different masks options to choose
- Reward your loved one each time they put on the mask

**Note: Your loved one with dementia should stay home unless it is not safe to leave them alone at home or to go for medical appointments etc.**



For more information, please download the Living with Dementia Resource Kit for Caregivers here: <https://aic.buzz//dementia-book3>

Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC Hotline at 1800-650-6060



# HAND WASHING

Having a tough time getting your loved one with dementia to wash their hands?



Never underestimate the power of a loving touch – turn hand washing into a light massage using soap and water!



Allow your loved one some time to respond and understand what you are saying



Give visual cues – point at the soap to explain what you are going to do



Communicate with them at eye level and speak slowly



Hand sanitisers can be a quick alternative to hand-washing if a sink is not accessible



For more information on how to communicate with your loved one with dementia, please download Book 3 of the Living with Dementia Resource Kit for Caregivers here: <https://aic.buzz/dementia-book3>

Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call the AIC hotline at 1800 650 6060

# "How can I cope with caring for my loved one with dementia during COVID-19 period?"



## POSSIBLE SCENARIOS



### WHAT IF



### WHAT TO DO



My loved one insists on going out

Ensure that he/she puts on a mask and suggest to go to a less crowded place such as a nearby park with your accompaniment. Practise good hygiene such as wash hands (use sanitiser alternatively) or shower when home.

Maintaining safe distancing is not possible when I bring my loved one out with me for essential tasks.

Seniors should minimise going out. Arrange for someone to help with essential tasks instead. If unavoidable, take the necessary precautionary measures. Avoid crowded places and peak hours.

My loved one wanders off and I cannot locate him/her.

Stay calm. Make a police report and submit a missing person report on Dementia Friends mobile app.

I need advice in caring for my loved one. Who can I approach?

Follow Dementia-Friendly Singapore on Facebook for updated news and resources. Call AIC helpline 1800-650-6060 or email to [ccmh@aic.sg](mailto:ccmh@aic.sg) if you need more assistance.





# IS YOUR LOVED ONE WITH DEMENTIA DISPLAYING BEHAVIOURS OF CONCERN WHILST AT HOME? E.G. AGGRESSION, AGITATION AND ANXIETY?

## TIPS FOR CAREGIVERS

### LOOK OUT FOR TRIGGERS

Look for something that may be triggering their behaviour. Consider your loved one's needs, e.g. constipation, pain, toileting



### AVOID CONFRONTATION

Stay calm and take a deep breath. Do not confront or argue – it is not always necessary to correct your loved one when they are in the wrong



### STAY CALM

Try not to show any fear, alarm or anxiety as this may make your loved one more agitated



### REDIRECT ATTENTION

Direct your loved one's attention elsewhere through engaging in meaningful activities



For more information on how to manage caregiving stress, please download **Book 3 of the Living with Dementia Resource Kit for Caregivers** at <https://aic.buzz/dementia-book3>

Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call the AIC hotline at 1800 650 6060.



# IS YOUR LOVED ONE WITH DEMENTIA KEEN ON GOING OUT?

Here are some ways you can manage the situation.

Divert your loved one's attention to another activity.



Is there anyone in the family your loved one usually listens to?  
Get that person to talk to your loved one.



For persons with mild dementia who are still going out independently, remind them about the current situation and advisory to stay at home.

Include short walks in the park as part of the daily routine.  
Of course, avoid peak hours and crowded areas.

For more info, please refer to the [ADA's Dementia Care Tips During the COVID-19 Pandemic](http://alz.org.sg/covid19/) at <http://alz.org.sg/covid19/>.

**Have a question?**

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# “ ARE YOU STRESSED having to look after your loved one with dementia whilst also adapting to the changes COVID-19 brings? ”

Fret not. Here are some tips for managing stress:

## DO'S

### Change Your Mindset

Know your limits and remind yourself that you are doing something important for the person in your care. 



### Set Realistic Goals

for your caregiving duties. Allow some things to be left till a better time.

### Do Things You Enjoy

Give yourself time to read a book, watch a show on Netflix.

## DON'TS



### Don't Feel Guilty About Your Emotions

Express them through journaling or a quick phone call with a friend.



### Don't Shoulder It All

Share with honesty and openly with friends and family who can understand you.

For more information on how to manage caregiving stress, please download **Book 4 of the Living with Dementia Resource Kit for Caregivers** at <https://aic.buzz/caring-for-self>.

Have a question?

Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC hotline at 1800 650 6060.



# LOOKING AFTER YOURSELF

Are you stressed having to look after your loved one with dementia whilst also adapting to the changes COVID-19 brings?



**Remember that it is important to look after yourself too.**



**Incorporate exercise** into your day to release endorphins to lift your mood!



**Eat well** Having a balanced diet makes you feel good.



**Do deep breathing** at the start of each day, or practise mindfulness.

For more information on how to manage caregiving stress, please download **Book 4 of the Living with Dementia Resource Kit for Caregivers** at <https://aic.buzz/caring-for-self>



Have a question? Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC hotline at 1800 650 6060.



## Do you have to bring your loved one with dementia for a medical check-up?

### THINGS TO NOTE WHEN BRINGING YOUR LOVED ONE FOR A MEDICAL APPOINTMENT:

#### Where possible

- ✓ postpone non-urgent medical appointments
- ✓ opt for tele-consult
- ✓ fill prescriptions for a longer period to reduce trips.



**STEP 1**  
Mask Up.



**STEP 2**  
Bring essential items: NRIC, Pioneer Generation/ Merdeka Generation Card, hand sanitiser, medical documents.



**STEP 3**  
Wash your hands after returning home.

For more info, please refer to the ADA's Dementia Care Tips During the COVID-19 Pandemic at <http://alz.org.sg/covid19/>.

Have a question?  
Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC hotline at 1800 650 6060.



# Now that your loved one with dementia is home more often because of COVID-19, are you having to do more meal preparation?



Here are some tips:

1. Do grocery shopping at off peak hours or make use of Pioneer Generation Priority Shopping Hour every Monday 7:00 -8:00am at FairPrice.



2. You do not have to cook every meal. Order in your loved one's favourite nasi lemak or chicken rice!



3. Enlist the help of members (who do not need to be in the same household) to help with online grocery and food delivery!

For more information on diet and nutrition for your loved one with dementia, please download **Book 3 of the Living with Dementia Resource Kit for Caregivers** at <https://aic.buzz/dementia-book3>.

Have a question?

Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC hotline at 1800 650 6060.





# SIMPLE STEPS TO HELP YOUR LOVED ONE

Here are some ways to facilitate the identification and search process if your loved one needs help to find his/her way home



## Be Prepared with Important Details

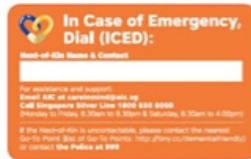
Keep an up-to-date photograph. This is helpful to show the police or security in case she/he gets lost. In addition, compile useful information eg. their physical details, where he/she used to stay, favourite hangout areas, and language spoken.

## Build a Dementia-Friendly Community

Let your neighbours know about your loved one's condition so they can keep a lookout for them, and vice versa. If you live in a condominium, alert the security guards to your loved one's condition.



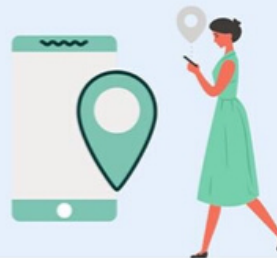
## (ICED) Sticker



This sticker provides a source of identification when they are lost. It contains the contact details of the next-of-kin and is typically recommended to be pasted on an EZ-Link card or any other small item he/she brings with them. You may find the (ICED) sticker at <https://bit.ly/2VJ7MBd>.

## Get a Tracking Device

A tracking device will make it easier for you to find your loved one in the future. There are products in the form of watches, pendants and tracking shoe insoles.



## Be a Dementia Friend

The "Dementia Friends" mobile app allows you to report a missing loved one. Once a report has been made, the network of Dementia Friends will be notified and can help to keep a look out for your loved one in the community.

You may download the "Dementia Friends" mobile app on the Google Play Store or the Apple Store  
IF YOU NEED ANY SERVICE INFORMATION, LINKAGE OR RESOURCES, EMAIL [CCMH@AIC.SG](mailto:CCMH@AIC.SG)



During this period, it can be distressing for families when their loved ones go missing. We appeal to the public to help keep a lookout for persons living with dementia who may require assistance. Use the KIND gesture as a guide:

Look out for seniors who show signs of dementia (confused, disoriented, disheveled appearance).



Be friendly and acknowledge their concerns. Assure them that you are there to help.

**Keep a lookout**

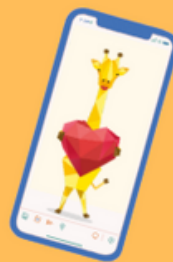
**Notice their needs & offer help**

# the **KIND** gesture

**Interact with patience**

**Dial for help**

Ask for the senior's identification. Check the Dementia Friends app to see if he/she has been reported missing.



Call the Next-of-Kin if possible or call the AIC hotline (1800-650-6060). In the event of an emergency, please call the police.

Have a question?  
Email us at [ccmh@aic.sg](mailto:ccmh@aic.sg) or call AIC Hotline at 1800-650-6060





Agency for Integrated Care | 1800-650-6060  
Alzheimer's Disease Association | 6377-0700  
COMCARE | 1800-222-0000  
Fei Yue's Online Counselling Service | e2C.sg  
Institute of Mental Health Helpline | 6389-2222  
Samaritans of Singapore | 1800-221-4444  
Silver Ribbon Singapore | 6385-3714  
The National Care Hotline | 1800-202-6868