

# **HELPING YOUR LOVED ONE WHO'S STAYING ALONE**

Persons with dementia in the early stage may choose to live alone so as to maintain their independence for as long as possible, or simply to remain in a familiar place. As the dementia progresses to moderate and advanced dementia, it is likely that alternate living arrangements have to be made.

Here are some tips on how caregivers can offer care to their loved ones who live alone.

## **1. Make your loved one's self-care easier**

Your loved one may forget to shower, change their clothes and have their meals. Your loved one may forget to perform housekeeping duties, or forget to feed pets, etc

Arrange for meal delivery services and housekeeping services. Write reminders and stick them on places they will see (fridge, bedroom, living room, etc). Eg feed the pets, remember to turn off the stove, sweep the floor. Large and easy to read clocks and calendars will help your loved one to orient.

## **2. Improve safety in your loved one's home**

Your loved one may lack judgment in dangerous situations such as hazardous electrical appliances, slippery floors, etc. Install non-slip mats and grab bars in the bathroom. Remove hazards from the house such as faulty kitchen appliances, clutter, fire hazards and broken furniture. Use technology in the form of monitoring systems to help track your loved one's mobility in the house.

## **3. Involve others in your loved one's care**

A person with dementia may exhibit behaviour that is hard to understand or accept. This may lead to unfriendliness or trouble with the neighbours, police and community.

Involve other family members in the caregiving and take turns to visit your loved one regularly. If regular visiting is not possible, communicate regularly with your loved one via phone call or text.

