



Tuesday 24 March 2020

## Dementia Help Sheets to navigate coronavirus COVID-19

In response to the coronavirus COVID-19 outbreak, Dementia Australia has released four Help Sheets outlining tips for people living with dementia, carers, families and friends of people living with dementia, residential care providers and home care providers.

Dementia Australia CEO Maree McCabe said people living with dementia are one of the most vulnerable groups in society at this time.

“There is confusion in the community and new rules announced daily to keep pace with this rapidly evolving situation,” Ms McCabe said.

“For people living dementia this can create even more uncertainty.

“We have developed these Help Sheets to provide clarity on what people can do to achieve the best possible outcomes for people living with dementia.

“The needs and capacity of people living with dementia must be a priority in response to the coronavirus COVID-19 outbreak.”

The Help Sheets are available now and include:

- [Tips for people living with dementia](#) – outlines the coronavirus COVID-19 symptoms, hygiene tips, the importance of having a good support network, ideas to remain active and engaged while in self-isolation, and where to go for help.
- [Tips for carers, families and friends of people living with dementia](#) – outlines the coronavirus COVID-19 symptoms, hygiene tips, helpful tips for primary carers, as well as for family, friends or neighbours, ideas for remaining active and engaged while in self-isolation, and where to go for help.
- [Tips for residential care providers](#) – outlines the impacts coronavirus COVID-19 may have on residents, tips on alternative activities and how to support continued engagement with families and carers.
- [Tips for home care providers](#) – outlines the impacts coronavirus COVID-19 may have on a person living with dementia, tips to reduce heightened anxiety and where to go for help.

“We are here to support people living with dementia, their family, carers and friends, and anyone in the health and aged care industries,” Ms McCabe said.

“It is important for them to know they are not alone, especially during this unprecedented time. If you have any further questions, please call the National Dementia Helpline 1800 100 500 for information and support.”

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Dementia Australia is the national peak body and charity for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information. An estimated 459,000 people have dementia in Australia. This number is projected to reach almost 1.1 million by 2058. Dementia Australia's services are supported by the Australian Government.

**National Dementia Helpline 1800 100 500**

**Interpreter service available**

(The National Dementia Helpline is an Australian Government Initiative)

**Dementia is a National Health Priority Area**

[www.dementia.org.au](http://www.dementia.org.au)

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).