



Living Well with Dementia

Dementia changes how life looks, but with the right approach, life can still be full of meaning, connection and plenty of moments of joy. There is no one size fits all when it comes to dementia, every person and family will need different levels of support at different times.

This guide offers simple, practical ideas and reassurance to help you understand what may help day to day, now or in the future.

Regulated by



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Practical Tips for Living Well at Home



Around the Home

- Invest in a clock that tells the time, day and date easily
- Have a weekly timetable on the kitchen wall or fridge
- Put pictures on cupboards or drawers that show what's inside
- Keep frequently used items out and visible
- Keep a list of helpful numbers (including who to contact in an emergency) by the phone



Wellbeing



- Keep doing the activities, hobbies and interests you love
- Talk with others, join a group or dementia cafe to share experiences.
- Try to stay physically active, even a short walk can help both physical and mental health

Practical Tips for Living Well at Home



Safety

- If you live alone consider getting a wearable personal alarm and an ID bracelet
- Inform the DVLA if you are driving and have a dementia diagnosis
- Keep a note of all medications, allergies and health conditions - the Lions Message in a Bottle is a well recognised method of storing this information for emergency services



Support



- Ask social services for a needs assessment to see if you are eligible for any benefits or support
- Inform neighbours, friends and family so they can help provide understanding or support
- Think about getting an LPA so loved ones can help make decisions if you are no longer able to

Communication & Connection

Communication may change with dementia, but you can still connect. Even when words become harder to find, people can still experience comfort, warmth and belonging through presence and shared moments.

What can help:

- Speak calmly, remembering that tone of voice and body language are powerful forms of communication
- Allow time for responses without rushing or filling the silence
- Focus less on correcting and more on understanding what the person is expressing
- Pay attention to gestures, facial expressions and body language
- Use familiar topics, names and daily routines
- Focus on strengths and positives, rather than what has changed, to support mental wellbeing



Understanding Changes in Behaviour

Changes in behaviour, like being restless, anxious or agitated often have a cause.

It may be linked to something like noise, discomfort, unmet needs, or pain.

Gently exploring what might be behind it can make a real difference.

Communication & Connection

Try not to ask too many open questions.

Rather than asking:

“What would you like to drink?”

...try...

“Would you like tea or coffee?”

Instead of testing memory, try gently giving context.

Rather than asking:

“Do you remember this?”

...try...

“This happened when we were at the seaside together.”

Instead of correcting mistakes, try gently redirecting.

Rather than saying:

“You already had breakfast.”

...try...

“We’ve had a nice breakfast this morning, shall we have a sit down for a moment?”

Living Well with Dementia

Stay Socially Active

- Let friends & family know of your diagnosis when you are ready
- Join a dementia coffee group as it can help to share experiences and tips
- Companionship and befriending services can help those that can't get out

Look after your Health

- Prioritise good sleep at night
- Try to stay hydrated and eat a balanced diet
- Speak to your GP if you start to feel down, depression is common following a dementia diagnosis

Interests and Hobbies

- Continue with your current hobbies if possible
- Consider joining new groups and try arts based activities
- Singing is known to improve mood and there are now many local dementia choirs
- Get outdoors with dementia walking groups, gardening activities or visit sensory gardens

Top Tip

Start a life story book with your interests and hobbies, who your family and friends are, your career history or accomplishments.

This will give any health or care professionals a better understanding of who you are and what's important to you.

Sensory Based Activities

There are plenty of activities for those in the later stages of dementia, sensory based activities are usually good for wellbeing. Playing music, having objects to touch and interact with, and hand massage can all help people in the later stages of dementia.



Where to Find Support

You may find it helpful to speak to someone or join a local support group. Here are a few of the national and local organisations offering valuable advice, coffee mornings and specialist activities.



Help, information and advice for older people.

www.ageuk.org.uk
0800 678 1602



A creative organisation in East Kent where people living with dementia and their supporters enjoy making high quality art.

www.brightshadow.org.uk
01227 467 272



Specialist dementia nursing charity. Admiral Nurses, provide free support and advice to anyone affected by dementia.

www.dementiauk.org
0800 888 6678



A Kent based charity delivering joyful events that generate connection for those who have family members living with dementia.

www.dementia-experience.com
hello@dementia-experience.com



Care and research charity for people living with dementia, their families, and carers.

www.alzheimers.org.uk
0333 150 3456



Information, advice and support for unpaid carers.

www.carersuk.org
0808 808 7777



An evidence-led charity creating dementia-inclusive experiences that bring joy, confidence, and connection

www.dementiaadventure.org
01245 237548

At Thrive Homecare, we support people living with dementia to continue enjoying a meaningful life at home, with support that feels personal, consistent and focused on what matters most.

If you are unsure what the next step looks like, we are here to listen. Give us a call today on 01227 935977.



“Mum is 95 and living with dementia. She lives alone and has always been fiercely independent, with little awareness of her need for support.

From the first meeting, Emma (from Thrive Homecare) built a natural rapport with Mum, which was incredibly reassuring.

Emma currently visits once a week, with plans to increase support over time... it has enabled Mum to stay safe and happy in her own home.”

Barry, son to Gaynor*

*Please note some names have been changed to protect privacy

At Thrive Homecare, our mission is to ensure older people enjoy the best possible quality of life. We aim to bring joy, purpose and connection back into the everyday, helping them to

Live Life in Colour

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