

# How can a person with dementia stay healthy and active?

Having dementia doesn't mean you should feel ill or low. You should see the doctor if unwell. Being ill can make dementia worse. Being active can help you to stay independent and keep in touch with other people.

You may want to try something new. Or keep doing activities that you like. Ways to stay healthy and active include:

- Eating balanced meals and drinking plenty of fluids.
- Drinking less alcohol, or not drinking alcohol at all.
- Stopping smoking.
- Swimming, walking, cycling, or gentle stretching.
- Keeping warm at home and when outside.
- Getting enough sleep.
- Seeing a Doctor if you are feeling low. This could be depression.
- Getting regular hearing tests. If you need one, wear your hearing aid. Check the batteries and keep it clean.
- Having regular eye tests. If you need them, clean your glasses. Check they are the right ones, such as reading glasses.
- Seeing the dentist regularly. Look after your mouth and teeth.
- Looking after your feet. Make sure shoes and slippers fit well.
- Playing games or cards. You might enjoy word, number or jigsaw puzzles.
- Visiting your place of worship. Activities there might include praying, singing songs or hymns. You might make offerings or share a meal. Or take part in reading or meditating.
- Creating a scrapbook or photo album, or reading.
- Gardening and bird watching. You might be able to get out for a walk or some fresh air.
- Listening to the radio, music, or audiobooks.
- Being creative. Try knitting, painting, singing, dancing, writing or poetry.
- Seeing friends and family, going on trips.
- Spending time with a pet.

To read more: go to [www.pelonomi.com/dementia/](http://www.pelonomi.com/dementia/).

For more information about our helpsheets, go to [www.pelonomi.com/dementia/support/helpsheets/](http://www.pelonomi.com/dementia/support/helpsheets/)

**Pelonomi Foundation** is here for you. If you are worried about dementia, email us on [dementia@pelonomi.com](mailto:dementia@pelonomi.com). We can arrange to speak with you in any language.

