

How can a carer for a person with dementia get support?

When you're caring for a person with dementia it can help you to find the right support. This will help you to live well.

When things feel difficult, it's a good idea to take a break. Getting some fresh air, reading, or taking time to enjoy a tea or coffee can help. Keeping in touch with other people is an important part of living well while caring.

Friends and family – It can be hard to ask for or accept help. Friends and family can give great support. Meeting and talking can help with skills and living well.

Support groups – Pelonomi Foundation (Dementia Botswana) is in the process of setting up support groups that will help to catch up with other people with dementia. Some are online, like Dementia Botswana's Talking Point.

Trained advisers from government medical clinics can help. They give practical, clinical and emotional support. They can help families too.

Email Pelonomi Foundation at dementia@pelonomi.com to arrange speak to a trained dementia adviser.

Staying healthy and active – Having dementia doesn't mean you should feel ill. Try to eat a balanced diet and staying active and involved.

Making your home dementia friendly – Making your home safer and easier may mean you can live without help for longer.

To read more: go to www.pelonomi.com/dementia/.
For more information about our helpsheets, go to www.pelonomi.com/dementia/support/helpsheets/

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

