

7 Quick Tips in Caring for Persons with Dementia (PWD) during COVID-19 situation



1 Maintain Good Hygiene

- Ensure proper hand washing
- Avoid touching face unnecessarily (let PWD hold on to small items or distract them with activities)

2 Stay Hydrated

- Remind PWD gently to drink water or offer them their favourite beverages
- Serve alternate means of fluids e.g. soup and dessert



3 Communicate with PWD

- Ensure PWD's needs are met to reduce agitation
- Speak to PWD in a calm, gentle tone to reduce anxiety

4 Engage PWD

- Establish a fixed routine with simple and safe activities which PWD prefers (e.g. jigsaw puzzles, word search, simple household chores)
- Continue with Dementia Day Care if PWD is well and sessions are ongoing



5 Ensure a Conducive Environment

- Reserve time for relaxing, listening to music and family bonding
- Modify level of stimulation in the environment e.g. lightings, noise level to suit PWD's needs

6 When Outdoors

- Do activities in open spaces with adequate ventilation
- Avoid crowds and peak hours



7 If Unwell

- Seek appropriate medical treatment
- Ensure face mask is worn correctly

Content by

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For latest updates on the COVID-19 situation in Singapore, please refer to <https://www.gov.sg/>



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