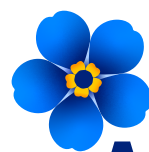




# Help when you have dementia

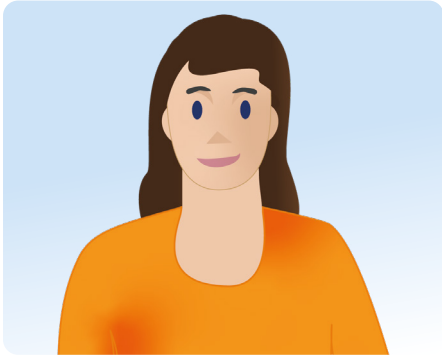
## Easy Read



**Alzheimer's  
Society**

It will take a society to beat dementia

# Living with dementia



You can still enjoy life when you have dementia.



You might just need to change the way you do some things.



It can help to talk to your family, friends or care team.



Tell them how you are feeling and if you need any help.

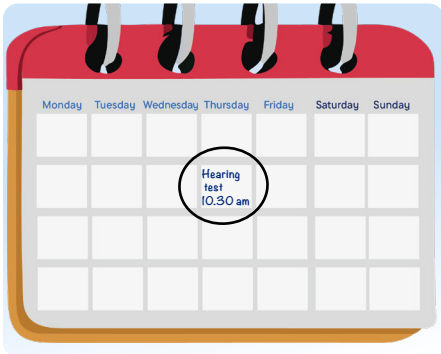


This booklet has some advice that can also help you.

# Things that help your memory



Having a routine by doing things at the same time every day.



Using a calendar or diary to remember dates.



Using notes and labels to remind you where things are.



Making books of photos to help you remember people and places.



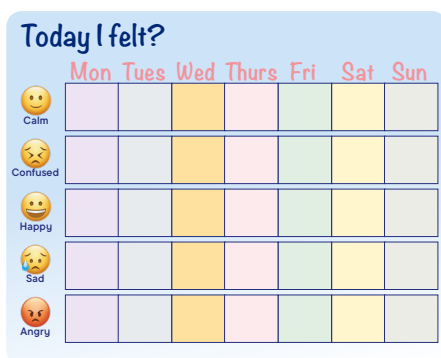
Keep useful things like keys and glasses in the same place.

# Other things that help

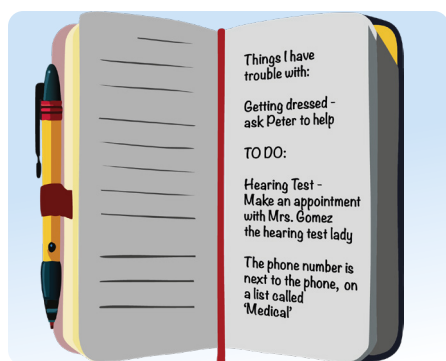


Ask for help.

You can order our helpcard to show people what you need.



Write or draw what you are feeling each day.



Make a plan for things you find hard.



Fill in our **This is me** booklet.

Ask someone to help if you need to.

**This is me** tells people about things that are important to you.

# Staying healthy



**Eat healthy food and drink lots of fluids like water, tea or juice.**



**Keep active with things like walking, dancing, gardening or sports.**



**Make sure you get enough sleep.**



**Have regular eye and hearing tests.**



**Keep doing things you enjoy.**

# People who can help you



Talk to people you trust about things that can help you.



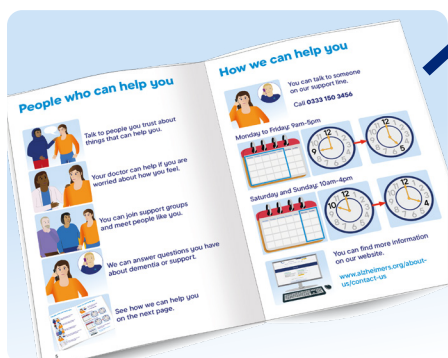
Your doctor can help if you are worried about how you feel.



You can join support groups and meet people like you.



We can answer questions you have about dementia or support.



See how we can help you on the next page.

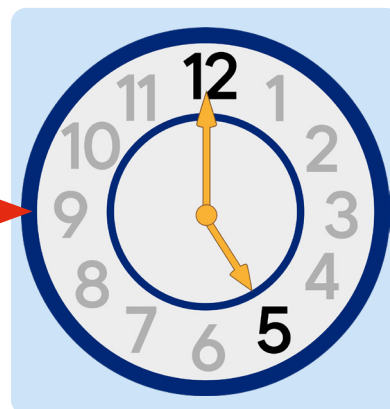
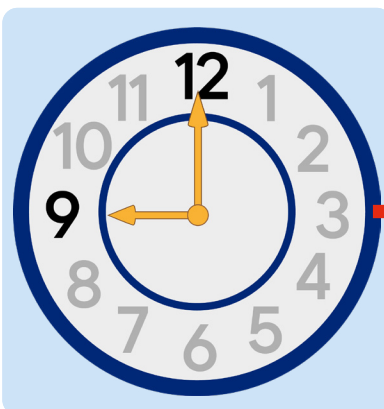
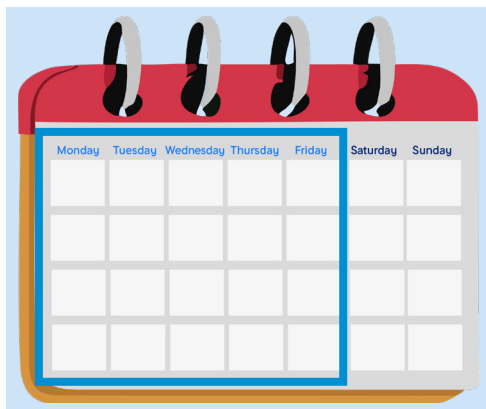
# How we can help you



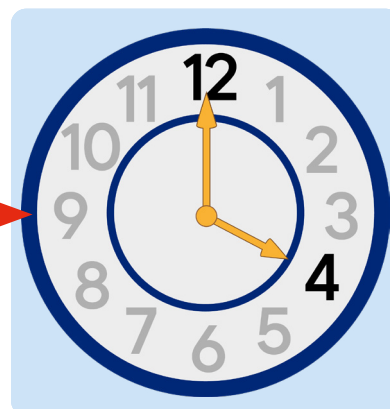
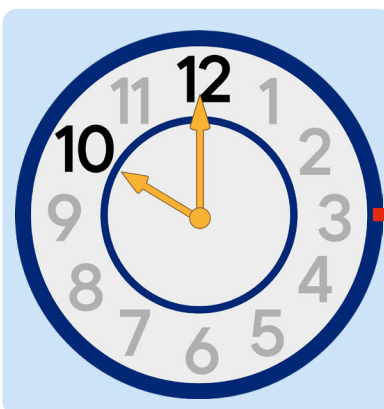
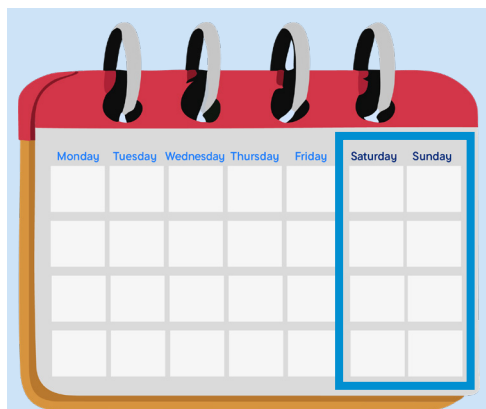
You can talk to someone on our support line.

Call **0333 150 3456**

Monday to Friday: 9am-5pm



Saturday and Sunday: 10am-4pm



You can find more information on our website.

[www.alzheimers.org.uk/get-support](http://www.alzheimers.org.uk/get-support)



## Did this booklet help you?

Please let us know if you have questions or feedback about this information.

- Is it good or bad?
- Is anything missing?
- Is there anything you did not understand?

**Phone** 0333 150 3456

**Email** [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

**Website** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

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