

Dementia and the family: Download and do

Family Checklist

This activity will help you and the family to:

- Identify the practical steps you can take as a family to support and care for your loved one with dementia
- Encourage the whole family to 'come together' to provide compassionate care (and all have a clear idea about what that means)
- Have confidence and self-belief in the difference you can make to the quality of life of your loved one

From what you have read so far in *Dementia and the family* – combined with what you already know about caring for your loved one – identify what you can do as a family to improve the quality of life for you all. An example has been set out below for you – but this should be something you discuss, decide and personalise as a family. This might become your own *Family Compassionate Care Charter*.

- ✓ Follow the *10 ways to show you care*, featured in *Dementia and the family*
- ✓ Never lose sight of the *person* you know and love, and what makes them who they are
- ✓ Focus on the positive emotional experiences you can give your loved one. "A key determinant of quality of life is not so much what you can do, but how you feel." (Buz Loveday, *Leadership in person-centred dementia care*)
- ✓ Find ways to make life a little easier, such as labeling cupboards and looking into assistive technology
- ✓ Provide opportunities to share memories and allow your loved one to retain their sense of self by talking about the past
- ✓ Take part in meaningful activities, together ... using music, art, craft, dance, movement and other creative ways
- ✓ Help your loved one to retain their dignity and independence and help them to continue to do things for themselves for as long as they are able
- ✓ Find out as much as you can about your loved one, record their precious stories and share them with all the family
- ✓ Use as many props, mementos, and favourite personal possessions as possible in order to: stimulate memories, make life a little easier (such as using an old-fashioned kettle to trigger recognition of the item), provide comfort and familiarity and engage all senses
- ✓ Make the most of the time you spend together and do not rush or hurry your time together
- ✓ Have confidence and belief in yourself and the difference you can make to your loved one