

MAKE TIME FOR DEMENTIA



AND HELP ME STAY WELL FOR LONGER

Small actions make a big difference for people with dementia.
Social contact and feeling part of their community are really important.
So, talk to them as you normally would.
Be patient and don't interrupt or finish their sentences.
Always use kind words and never make jokes about the condition.

Find out more about how you can support people with dementia at
nhsinform.scot/RethinkDementia