



**Medicare
People** 

Dementia Care at Home

A practical guide for families supporting someone with dementia

Many people with dementia can live well at home for longer with the right support around them. This guide shares practical ways to help someone with dementia feel safe, settled and independent at home, and explains how live-in care can help.

Around 982,000 people in the UK are living with dementia, and the number is expected to reach 1.4 million by 2040 ([Alzheimer's Society](#)). This guide is for families in Surrey, Kent, West Sussex and East Sussex who are supporting someone at home. It covers:



Why familiar surroundings help



A safer, dementia-friendly home



Building a good daily routine



Planning ahead



Communicating well



Support for you as a family

Why home can be the best place

For many people with dementia, familiar surroundings make daily life easier. Their own home holds the routines, belongings and memories that help them feel secure.



Live-in care at home

Familiar

One carer gets to know the person well, keeps routines steady and is there through the day, in surroundings they recognise.



Moving into care

Big change

A new place, new faces and new routines can be unsettling for someone with dementia, especially at first.

A live-in carer gives one-to-one support around your loved one's routine: personal care, meals, medication prompts, company and reassurance through the day. Because the same carer is there day after day, your loved one has a familiar face, and you have someone who knows them well and can spot small changes early, such as eating less, sleeping badly or becoming more confused.

Building a good daily routine

A steady routine helps a person with dementia know what to expect, which can reduce anxiety and confusion.

- **Keep to regular times** for meals, medicines and bed
- **Build in things they enjoy**, such as music, gardening, puzzles, photos or a walk
- **Give simple jobs** that keep them involved, like folding laundry or laying the table
- **Allow plenty of time.** Rushing often leads to stress for everyone
- **Watch for patterns.** Some people become more unsettled in the late afternoon or evening



Communicating well

Dementia can make it harder to find words and follow conversations. Small changes in how you talk can make a big difference.

- Face the person, use their name and make eye contact
- Speak clearly, in short sentences, and ask one question at a time
- Offer simple choices, such as "Tea or coffee?", rather than open questions
- Give time to answer, and don't finish their sentences
- Go along with their reality where you can, rather than correcting them
- Notice body language and tone. Feelings often stay strong even when memory fades

A safer, dementia-friendly home

Simple changes help a person with dementia find their way around and stay safe:

- ☐ Good lighting, including night lights between the bedroom and the toilet
- ☐ Clear pathways, with loose rugs and trailing cables removed
- ☐ Strong colour contrast, such as a coloured toilet seat or a contrasting plate
- ☐ Labels or pictures on cupboards and doors
- ☐ A large clock that shows the day and date
- ☐ Safety devices where needed, such as a cooker shut-off, door sensors or a personal alarm

An occupational therapist can assess the home and suggest equipment. Ask your GP or your local council's adult social care team.

Planning ahead

It is easier to plan while the person can still take part in decisions:

- **Lasting Power of Attorney.** There are two types, for health and welfare, and for property and financial affairs. They let someone your loved one trusts make decisions if they no longer can. Set them up through [GOV.UK](https://gov.uk).
- **A care needs assessment** from the local council, which is free.
- **Attendance Allowance.** If your loved one has reached State Pension age and needs help with personal care or supervision, they can claim without needing a diagnosis. Our free guide, *Paying for Live-In Care*, explains how.
- **A "This is me" leaflet** from Alzheimer's Society, which records the person's history, likes and routines for anyone who cares for them.

Support for you as a family

Caring for someone with dementia can be exhausting. Free, expert help is a phone call away:

Dementia UK Admiral Nurse Helpline: 0800 888 6678 (free). Weekdays 9am–9pm, weekends 9am–5pm.

Alzheimer's Society Dementia Support Line: 0333 150 3456. Monday to Wednesday 9am–8pm, Thursday and Friday 9am–5pm, weekends 10am–4pm.

Age UK Advice Line: 0800 678 1602 (free). Every day, 8am–7pm.

Your next steps

- ☐ Speak to the GP or memory service about any new or worsening symptoms
- ☐ Set up Lasting Powers of Attorney while your loved one can take part
- ☐ Write down their daily routine, likes and dislikes
- ☐ Claim Attendance Allowance if they need help day to day
- ☐ Call us to talk about live-in dementia care

Talk to our Guildford team

 **020 3443 9844**

medicarepeople.co/live-in-care/guides

We arrange live-in care across Surrey, Kent, West Sussex and East Sussex.

Important information and sources

This guide gives general information about caring for someone with dementia at home. It is not medical, legal or financial advice. For advice about your loved one's health, speak to their GP or memory service.

Medicare People currently provides introductory live-in care services. We have submitted our application to the Care Quality Commission (CQC) and intend to introduce a fully managed live-in care service following registration.

Sources:

- [Alzheimer's Society: How many people have dementia in the UK?](#)
- [Alzheimer's Society: Dementia Support Line](#)
- [Dementia UK: Admiral Nurse Dementia Helpline](#)
- [Age UK Advice Line](#)
- [GOV.UK: Lasting power of attorney](#)

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