

# Coronavirus (COVID-19)

A collection of online resources  
for people with dementia,  
families and carers



National  
**Dementia**  
Office

**DSiDC**  
Dementia Services Information  
and Development Centre



THE ALZHEIMER  
SOCIETY *of* IRELAND

**dementia**

under stand together

# INTRODUCTION

The outbreak of Coronavirus (COVID-19) is heightening our awareness of the challenges an illness, viral or otherwise, may cause for older adults and those who struggle with health conditions, loneliness, and isolation.

Most likely, dementia does not increase risk for COVID-19, just like dementia does not increase risk for flu. However, dementia-related behaviours, increased age and common health conditions that often accompany dementia, like frailty and weight loss, may increase risk.

There is lots of publicly available information on COVID-19 provided by many organisations. We recommend that people with dementia, carers and family members follow the [guidelines](#) provided by the HSE.

The HSE has also published a [“Keeping Well this Winter”](#) guide which contains lots of health information and advice, including tips for eating well, exercise and physical activity, and minding your mental health over the coming months. Find the guide by clicking [here](#).

This list is by no means exhaustive, and will be updated regularly in time with new developments. If you have a trusted resource that has been helpful to you, do let us know by emailing [dementia.office@hse.ie](mailto:dementia.office@hse.ie) and we can update this information.

We have separated the information into three themes – Medical, Practical and Emotional – and included helplines and links to other helpful organisations.

We hope this guide can help you to stay safe, well and connected during this time of crisis.

# MEDICAL

COVID-19 is a new disease and therefore questions around how it affects our health, how we can avoid it spreading and how to protect each other may arise.

Recommendations such as hand washing, wearing a mask and restrictive measures may be difficult to understand or remember for a person with dementia and practical guides, posters and videos can help people to retain the information.

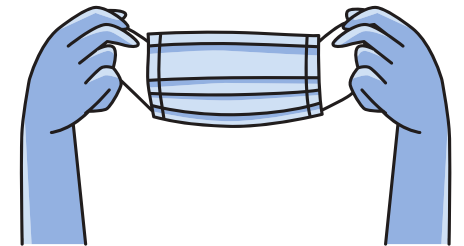
In addition it can be helpful to plan for any emergency that may arise.

## GENERAL COVID-19

[HSE Coronavirus information](#)

[Plain English terminology of Covid19 NALA](#)

[Easy read COVID-19 HSE](#)



## PREVENT THE SPREAD

[When to wear a mask](#)

[How to wear a mask](#)

[HSE Hand Hygiene](#)

[Cough and sneezing](#)



## SOCIAL DISTANCING AND MORE

[HSE self isolation information](#)

[Staying safe if you are at very high risk](#)

[Support bubbles](#)

[Testing for COVID-19](#)

[Easy read testing for COVID-19](#)

[COVID-19 test and person with dementia](#)

[Family Carers Ireland care plan](#)

[Care Alliance Backup Plan](#)

[My care passport](#)

## COVID-19 TESTING

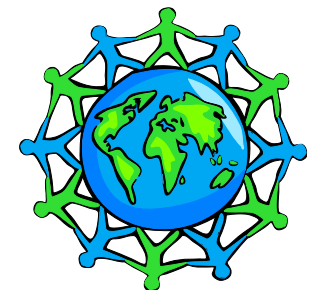
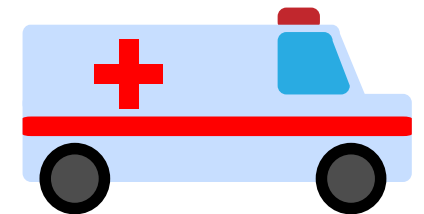
## EMERGENCY CARE PLAN

## INFORMATION FOR MINORITY AND ETHNIC GROUPS

[HSE COVID-19 resources in other languages](#)

[Alzheimer Europe Information for  
Minority and Ethnic groups](#)

# MEDICAL



# PRACTICAL

When following the government's advice on how to reduce the risk of COVID-19, supporting a person with dementia in the home or from a distance may be challenging. At the same time keeping up activities, staying physically and emotionally well is especially important and keeping up healthy routines and conducting meaningful activities together can be helpful.

## DAILY ACTIVITIES FOR PEOPLE WITH DEMENTIA AND CARERS

[Alzheimer Society of Ireland factsheets](#)

[DSiDC factsheets](#)

[Living well with Dementia South Tipperary](#)

[Engaging Dementia resources](#)

[Dementia Together](#)

[Cork Healthy Cities](#)

[Age & Opportunity](#)



## USE OF TECHNOLOGY FOR VIDEO CALLS

[DSiDC video calls factsheet](#)

[Age Action](#)

[Living well with Dementia South Tipperary](#)



SUPPORTING...

## A PERSON WITH DEMENTIA AT HOME

## A PERSON WITH DEMENTIA LIVING ALONE

## A PERSON WITH DEMENTIA LIVING IN A NURSING HOME

[Tallaght University Hospital support tips](#)

[Alzheimer Society of Ireland](#)

[Alzheimer's Association](#)

[INDI - Eat well, stay well](#)

[Alzheimer UK](#)

[Tallaght University Hospital support tips](#)

[Alzheimer Society of Ireland vulnerable people](#)

[Alzheimer UK support info](#)

[Alzheimer Society of Ireland](#)

[Nursing Homes Ireland advice](#)

[Living well with Dementia South Tipperary](#)

# PRACTICAL



# EMOTIONAL

Infectious disease outbreaks, like the current COVID-19, can be worrying and can affect your mental health. While you may be anxious there are things you can do to help stay healthy and support the person you care for during this time.

## LOOKING AFTER YOUR MENTAL HEALTH

[HSE mental health advice](#)

[Mental Health Ireland advice](#)

[Healthy Ireland "Keep well"](#)

[My mind counselling \(Spunout\)](#)

[Turn2me](#)

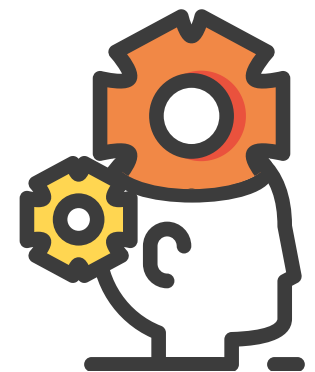


## MINDFULNESS PRACTICE

[Short guide to mindfulness](#)

[Beaumont hospital resources on mindfulness](#)

[Headspace mindfulness app](#)



## MANAGING CHANGING BEHAVIOUR

[Alzheimer Society of Ireland](#)  
[Practical tips for changes in behaviours](#)

[Alzheimer Society of Ireland](#)  
[Understanding change](#)

[Changing behaviour UCSF](#)

# EMOTIONAL



## MANAGING ANXIETY AND FEAR

[Spunout anxiety advice](#)

[Health anxiety CCI Australia](#)

[Help Guide](#)

[Alzheimer's Association](#)



## COMMUNICATION

[Alzheimer Society of Ireland](#)

[HSC Northern Ireland](#)





# HELPLINES

In times of crisis, it is important to notice that there are several organisations providing helplines with practical and emotional supports.

- Alzheimer Society of Ireland 1800 341 341
- Alone 0818 222 024
- HSE Live 1850 24 1850
- Senior Help Line 1800 80 45 91
- Aware Support Line 1800 80 48 48
- Samaritans 116 123



# OTHER USEFUL ORGANISATIONS AND INFORMATION

There are a number of organisations across the country who are working to support vulnerable people, including people with dementia during COVID-19.

[Age Action Emergency Response](#)

[An Garda Síochána](#)

[An Post](#)

[County Council Community Response Forums](#)

[Western Alzheimer](#)

[Care Alliance](#)

