Birchmere.

Care that feels like family.

Living at home with dementia

Everyday ideas for families, and where to find expert help.



AT HOME

Familiar is good.

Home is full of cues that help a person with dementia feel settled. Small, steady habits make the most of them.

Keep routines steady

Meals, walks and bedtime at much the same time each day. Predictable days are calmer days.

Keep the same faces

A regular carer becomes a familiar face, rather than a stranger at the door each week.

Keep the home calm and clear

Good light, less clutter and simple labels on cupboards make it easier to find things.

Keep them doing

Folding washing, potting plants, music they love. Joining in matters more than getting it right.

Look after yourself

Caring is tiring. A regular break, even a few hours a week, helps you keep going.

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EXPERT HELP

You don't have to work it out alone.

Dementia Australia.

The National Dementia Helpline is free and open to anyone affected by dementia: **1800 100 500**.

Their free booklet, *The Dementia Guide*, is a good place to start after a diagnosis. Find it at dementia.org.au.

How Birchmere can help.

We match each person with a companion who shares their interests, language and personality, and we keep that companion consistent wherever we can.

- Company, conversation and outings at their own pace.
- Meals, shopping and light housekeeping.
- A regular break for the family, so you can rest.
- Your care coordinator keeps you updated after visits.

We provide companionship and everyday support. We don't provide nursing or clinical care.

Birchmere.

Let's talk about what would help.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

CALL 02 5115 1162

EMAIL hello@birchmere.com.au

ONLINE birchmere.com.au

Scan to visit our website

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