

LIVING ALONE WITH DEMENTIA



**Guide for people
living alone with
dementia who don't have
family and friends nearby**

People can and do live successfully on their own with dementia, even if they do not have family or friends nearby to support them. If you are in this situation, this guide may help you.

It is based on research and on conversations with people who live alone successfully. Not everyone uses the word 'dementia'. We mean people who have a diagnosis of dementia or symptoms like difficulties with memory or cognition.

Top tips

Here are some top tips from people with dementia who live alone without family and friends nearby.

- 1.** Remember that many people can and do live alone with dementia successfully. Needing a bit of help doesn't mean that you are not managing.
- 2.** **You** know if something isn't right. There can be stigma about having dementia or ignorance about what it is like living with dementia. But don't let that stop you from being open about your situation. Speak up otherwise people may make wrong assumptions. Let people know who you are and what you need.
- 3.** Make a list of people that you can get in touch with if you need help. Talk to them about how they will check in with you.

- 4.** It helps if some trusted people in the community, like your GP surgery, know that you live alone and don't have family and friends nearby. Ask about the best way for you to keep in touch with each other and stay up-to-date on what is happening for you.
- 5.** Emotional support is hard when you are on your own. Don't be concerned about saying how you feel. Support groups of other people with dementia do help in so many ways. Find out if there is one nearby that you can join.
- 6.** Technology can be helpful. Ask what is available and what other people use, and how you can learn to use it, if you want to.
- 7.** Planning ahead is essential. Find out who will support you with things like managing money and making decisions, and how you can make sure your choices are respected.
- 8.** If there is something for people with carers, there should be something equivalent for people without carers. Ask your GP surgery, Council services or voluntary organisations what is out there for you.
- 9.** Information is vital. Ask someone at your GP surgery or another trusted person where you can find the right information and support for you.
- 10.** Having everyone's important numbers to hand is helpful. You can write them down on this leaflet.

Write some important numbers here...

Contact Person	Telephone Number	Role



Important questions

These questions are about areas that need to be addressed so that you can live better on your own with dementia. Your GP surgery is a good place to start asking questions.

Where can I get **information** about living alone successfully with dementia?

What **peer support** is available from other people with dementia?

Who can I **contact** if I need a bit of help or if things change?

Can you help me build up a **network** of people or organisations that I can get support from?

What **technology** might be available and useful for me, and what support can you provide to ensure I know how to use it?

How will you **notice** if something is going wrong for me?

How will you **check in** with me and make sure I am not just left on my own to manage?

Who can I **trust** to know that I live on my own and do not have family nearby?

How can you help me to **plan** ahead and make sure my choices are respected?

How can you make sure that I can **attend** appointments or services on my own?

How can I get **involved** in volunteering and making changes within my dementia community?



Find out more

DEEP network of groups for people with dementia

www.dementiavoices.org.uk

LIVING ALONE WITH DEMENTIA

Find out more about people living alone with dementia

www.livingalonewithdementia.co.uk