

LIVING ALONE WITH DEMENTIA

Living alone with dementia without family and friends nearby

Important questions

These questions are about areas that need to be addressed so that people can live on their own with dementia, even if they do not have family or friends nearby to support them. Not everyone uses the word 'dementia'. We mean people who have a diagnosis of dementia or symptoms like difficulties with memory or cognition.

- **People with dementia** can ask the questions to find out about the support they need. Your GP surgery is a good place to start asking questions.
- **Local services** - such as from the Council, NHS or voluntary organisations - can use the questions to think about how they support people who live alone and don't have informal support.

These questions are based on research and on conversations with people with dementia.

- 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 www.livingalonewithdementia.co.uk