# 6 Tips for Living Well with Dementia During COVID-19

### 1. Focus On What Is In Your Control
- Determine what you have influence over and what you don’t.
- Differentiate between ruminating and problem-solving.
- Try to live in the moment; Mindset: “Live Life Today”
- Develop healthy affirmations, such as:
  - “Today is going to be a good day.”
  - “I am grateful for the good things in my life”
  - “I have the power to be happy”
  - “I am a good person”
  - “It’s OK if I make mistakes”

### 2. Try To Keep Your Life Similar to Pre-COVID
- Continue everyday tasks and usual activities to maintain your sense of self.
- Feel empowered to make your own choices.
- Do things you enjoy.

### 3. Keep Your Life in Balance
- Focus on unique strengths and interests.
- Modify activities to match abilities.
- Plan for rest periods.
- Concentrate on the process, not on the result.
- Use humor, music, writing, gardening, exercise, etc.

### 4. Feel Your Feelings
- Accept your feelings. Work through the bad ones to get to the good ones.
- Pay attention to your feelings and discuss them.
- Express your emotions with people you trust.
- Join a support group of people with memory loss.
- Recount past times you have overcome challenges.

### 5. Find Meaningful Activities
- Individuals living with dementia are doing all of these activities and more:
  - Writing books about their experiences.
  - Running 5Ks with their grandchildren
  - Creating beautiful artwork, some for the first time.
  - Joining a chorus (we currently have a virtual chorus you can join!).
  - Playing, creating, or performing music.
  - Volunteering or fundraising for an organization; organizing a Walk to End Alzheimer’s Team.
  - Making their voices heard, sharing their journey with Alzheimer's, and becoming advocates.

### 6. Socialization While Social Distancing
- Use electronics to stay in touch with loved ones, friends, neighbours. Call an old friend.
- Spend quality time with those you love. Play cards, work on gardening, indoor projects.
- Make a favorite recipe that reminds you of friends and family you are unable to visit.
- Write a journal about your experience during this time for future generations.

For more information on our virtual programs, visit ALZHereForYou.org

Our 24/7 Helpline is available for around-the-clock care and support at 800.272.3900