



Dementia Toolkit – Stay safe and well

Tips for coming out of lockdown



Dementia Toolkit
Living your life with hope



Stay safe and well

Tips for coming out of lockdown

Many people with dementia and carers told us that they were worried about venturing out again. The lockdowns have felt very long and it's natural to be a bit unsure.

In this booklet we have gathered tips to help you approach coming out of lockdown with confidence and feeling in control. There are links to 3 different resources for managing coming out of lockdown.



I used to go to a cafe and meet friends and sit indoors, but when I did meet them after restrictions eased there were too many distractions. There were too many people in the restaurant and I could hear them talking and I was getting distracted and couldn't understand what the people I was with were saying. I used to try and make an excuse not to go inside buildings – I only recognised this as an issue in August when the restrictions eased.

A person with dementia talking to our researchers



Coming out of lockdown – coping with noise sensitivity

A group of researchers worked with people with dementia to understand how noise affected their feelings about coming out of lockdown. The co-produced poster of advice can be downloaded from the ‘Coping with Noise Sensitivity’ page on the DEEP website.

Visit: <https://www.dementiavoices.org.uk/coming-out-of-lockdown-coping-with-noise-sensitivity/>

There is also an article on this webpage which explains and offers advice for the four stages of coping with noise sensitivity:

1. Prepare your ears
2. Prepare yourself
3. Starting to go out
4. If things get too much



The pandemic has impacted on my confidence. I lack confidence about going back to normal life – meeting people and speaking with them.

A person with dementia speaking to our researchers



NHS tips to cope with anxiety about lockdown lifting

The NHS Every Mind Matters website is all about looking after your mental health. They have created a really clear list of ‘11 tips to cope with anxiety about getting “back to normal” after the lockdowns.

Each tip has a picture, video or links to further information. There is also a list of helpful resources at the bottom of the webpage.

Visit: <https://www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting/>

“

The pandemic hasn’t affected my mood or confidence on the surface, but it feels more stressful on the inside. This isn’t obvious to others.

A carer speaking to our researchers

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Your Guide to Getting Back Out There – Age UK Gloucestershire

Age UK Gloucestershire have created a short, 2-page guide to ‘enjoying life outside your home post-lockdown’. This colourful leaflet is full of tips and ideas from real-life experience.

You can view and print out this guide from the Age UK Gloucestershire website. Visit: <https://www.ageuk.org.uk/gloucestershire/our-services/your-guide-to-getting-back-out-there/>.



My confidence has been impacted because of anxiety about my [loved one with dementia], my own health, and doing things alone.

A carer speaker to our researchers about the pandemic



This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing

IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:

Living with Dementia Toolkit

PO Box 616

Exeter

EX1 9JB

