As the disease progresses, you may need to provide everyday care

- Make sure that the person is eating and drinking
  - You may need to regularly remind them to do so. Adjust their diet according to their preferences and health.

- Modify the environment
  - This can help reduce incontinence accidents. For example, put a picture of a toilet on the bathroom door. Remind the person to go to the bathroom regularly. Consider using incontinence aids and equipment if necessary.
  - Remember, do not blame the person for accidents.

Establish routines
- Maintain routines similar to the ones that the person had before developing dementia.
- Be prepared to adapt routines as necessary as the abilities of the person change over time.

Engage the person in personal care
- Help the person do as much as they can themselves.
- Try modifying the environment, for example by switching from a shower to a sponge bath, and provide guidance.
- Be mindful of falls – use a non-slip shower or bath mat.
- The person with dementia may resist when you try to help them with personal care. Be compassionate and try to understand why.

Remember to keep inedible items, sharp objects, household chemicals and flammable items in a safe place.

For more information
- iSupport Module 4 “Providing everyday care”
- Lesson 1 “Eating and drinking - more pleasant mealtimes”
- Lesson 2 “Eating, drinking and preventing health problems”
- Lesson 3 “Toileting and continence care”
- Lesson 4 “Personal care”

You may also wish to contact your local Alzheimer’s Association for information related to caring for someone with dementia.