



demenz.lu



I live with dementia.

Information for those concerned



It can be difficult to remain composed when you are experiencing changes to your previous abilities and even more so when you receive a dementia diagnosis.

But you can do things to keep going in a positive spirit.

Living well with dementia

→ View the strengths

Some of your (cognitive) abilities are declining. Now you can look at these changes with awe. Or you can look at the strong skills you certainly have! What are you good at? What do you enjoy doing? Focusing on your weaknesses weakens you. Focusing on your strengths strengthens you!

→ Staying in tune with life

Don't give up on activities, tasks and hobbies that are important to you. Try to continue doing them. Play table tennis, go hiking, go to a concert or cycle: Why should these things suddenly no longer be possible? Stay curious about things you don't know yet and get involved with them. Have you never painted before? Have you only seen snowshoeing on television? Then perhaps now is just the right time to get to know such things.

→ Maintaining relationships

Approach your friends, family members, neighbours or club colleagues proactively and make it clear that you want to maintain your relationship with them. Explain to them what kind of support you may need from them.

→ Talk to each other and exchange ideas with others who are affected in the same way

Cognitive changes or a dementia diagnosis affect the people around you just as much as you. Your relatives are also worried. They also need time to come to terms with the new situation. Talk to your loved ones about what is on your mind and what is important to you, what you expect and what you definitely don't want. Many people with forgetfulness or a dementia diagnosis have also found it helpful to talk to people who, like themselves, are affected by such limitations.

Support groups can provide a good framework for such an exchange. The Association Luxembourg Alzheimer (ala.lu), for example, offers such support groups for people with dementia in Luxembourg.

→ Small supports

If memory and orientation are impaired, simple everyday strategies and aids can provide support.

Some examples:

- Carry a small **notebook** with important information.
- Maintain a daily and weekly **routine**. This helps with orientation.
- **Simplify your household**. Dispose of things that have become useless.
- Set up a **large calendar**. Mark the current date.
- Place a **large, clearly visible clock** in your home with the weekdays.
- Buy a **simple mobile phone**.
- A **pill box** will help you to take your medicine at the right time.

If you have orientation difficulties, you can use a wristwatch or smart-phone with a localisation and emergency call function. In Luxembourg, such an emergency call service (Telealarm), e.g. in the form of a watch, is offered by some municipalities and by assistance and care services.





Take care of your health

What applies to everyone at all times in their lives also applies now: Take care of your health and well-being!

- Exercise regularly. Exercise is not only good for the body, but also for the mind.
- Have a balanced diet.
- Do things that you enjoy and that stimulate you mentally. Alone, with another person or with a group.
- Visit your doctor and dentist at regular intervals. It can be helpful to bring someone you trust with you and to write down your questions in advance.
- From time to time treat yourself to a feel-good treatment that you enjoy, such as a massage or pedicure.
- Don't be afraid to get help and support from others. Psychological counselling also offers such support.

→ Use helpful therapies

Specialised therapies can be used to train specific physical or cognitive skills. In addition to medical treatments, non-pharmacological treatments can also be very helpful and contribute to a better quality of life.

- **Physiotherapy** aims to maintain or improve physical performance by specifically training endurance, strength and coordination. Regular exercise also has far-reaching positive effects on the entire body and can help to slow down the progression of dementia.

- **Logopaedia** can primarily help to improve word finding, pronunciation and speech comprehension.
- Unfortunately, **psychotherapy** is still very rarely considered, although it can be very important as a counselling therapy after a dementia diagnosis. The focus here lies on accepting the syndrome and, if necessary, clarifying relationships under the new living conditions.
- **Ergotherapy** is designed to maintain and promote everyday skills, for example in personal hygiene, dressing or household tasks. It teaches to solve practical problems, structure one's daily routine, use memory aids, etc. This helps to ensure that one can lead an independent life.
- **Memory training** is designed to maintain and promote cognitive skills such as remembering, thinking and attention. Memory, reflection, concentration etc. are trained in a playful way. The activities should be related to everyday life and involve movement.

Service providers who offer these therapies can be found in the list of services on demenz.lu (category 'Diagnose, Therapie, geriatrische Rehabilitation')

Under the following link you will find further information such as 'Career and workplace', 'Driving' and 'Making provisions for the future' (available in German & in French):
demenz.lu/de/betroffene/



Do you have questions about forgetfulness or dementia? We are here for you!

Our team offers free counselling with or
without an appointment.

Get in touch with us:

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Info-Zenter
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