

Involving family and friends

Activity

An activity for care home staff

After reading this feature, spend some time thinking about what it might be like to visit your own parent or partner in a care home. Then consider the following questions:

- What might you find difficult when you visit?
- What kinds of things might you try to do with your relative, based on what you know about their current interests?
- What support might you need from staff to help make this possible?
- How much do families need help and support from staff when visiting or should we just leave them in peace?

An activity for home care staff

After reading this feature, spend some time thinking about what it might be like to care for your own parent or partner at home if they had dementia. Then consider the following questions:

- Can you plan a day of activities for your parent or partner, imagining that they have dementia and you are their full-time carer living at home with them?
- What sorts of difficulties might arise in carrying out this plan?
- From your experience of relatives you are currently working with, how much do families understand the importance of involving the person with dementia in daily activities?
- What are the difficulties for family carers in doing this?