



Improving daily life of a person living with dementia

SUNLIGHT

Get sunlight during the day, especially in the morning.

EXERCISE REGULARLY

Aim for daily exercise. Even 10 minutes walking every day can be a good start.

STICK TO A SCHEDULE

Try to maintain a daily schedule, including a consistent bed time, wake-up time, meal time and times to take meds.

PLAN FOR FUN

Try activities that the person will find fun, interesting and possible. Try to address loneliness and boredom in advance.

SPACE MATTERS

Make sure they have enough food and drink and some space to safely walk or pace. Remove power tools, sharp objects and guns from the home.

WATCH NOW



Wisconsin Alzheimer's Institute public health education leader Art Walaszek, MD, recently gave a talk on this topic at the 9th Annual Breaking the Silence event. Scan the QR code here to watch a recording.



wai.wisc.edu/breakthesilence