

# Staying healthy and active when you have dementia

If you have dementia, being active can help you stay healthy and independent for longer. Activities can keep you in touch with other people and improve your overall wellbeing.

## Ways to stay healthy

- Eat balanced meals and drink plenty of fluids.
- Drink less alcohol, or none at all.
- Stop smoking.
- Keep active with a walk, gentle stretch, swim or cycle.
- Keep warm at home and when outside.
- Get enough sleep.
- See the doctor if you often feel unhappy, sad or hopeless. This could be depression.
- Get regular hearing tests. If you need one, wear your hearing aid. Remember to check the batteries and keep it clean.
- Have regular eye tests. If you need glasses, them regularly. Make sure you are wearing the right ones, such as reading glasses.
- See the dentist regularly. Look after your mouth and teeth.
- Look after your feet. Make sure shoes and slippers fit well.
- Ask the doctor about vaccines. Ask about flu, pneumonia, Covid-19 and shingles.

## Ways to stay active and involved

- Play cards or games, such as word, number or jigsaw puzzles.
- Visit your place of worship to listen to a sermon, pray, meditate, sing, make offerings or share a meal.
- Create a scrapbook or photo album.
- Try being creative with painting, singing, dancing or writing poetry.
- Cook or bake something you enjoy or try a new recipe.
- Play cards or games, such as word, number or jigsaw puzzles.
- Enjoy some fresh air by going for a walk, bird watching or gardening.
- Listen to the radio, podcasts, music or audiobooks.
- Watch sport, films or shows you enjoy.
- Read a favourite book or short story.
- Use social media or video apps to keep in touch with friends and family.



Booklet 1506, **Keeping active and involved** has more information. To read it, go to [alzheimers.org.uk/active-and-involved](https://alzheimers.org.uk/active-and-involved)



We are here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join our online community of people affected by dementia – go to [forum.alzheimers.org.uk](https://forum.alzheimers.org.uk)  
To find support in your area, go to [alzheimers.org.uk/dementiadirctory](https://alzheimers.org.uk/dementiadirctory)



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