Help me feel comfortable, safe and secure in my surroundings
• make it easy for me to find things and find my way around
• remember it is important that I have my personal possessions and treasured belongings around me
• remember the power of the senses to help me understand my environment (sight, hearing, smell, taste and touch)
• support me to enjoy the outdoors.

Remember little things all add up
• let’s take every opportunity, planned and unplanned, to make my day
• understand the difference you can make to my day
• make sure we capture the moments that count in any records we keep
• when you make a difference to me, you will have a sense of achievement and satisfaction too.

In association with
scie.org.uk
alzscot.org
careinpectorate.com
scottishcare.org
knowledge.scot.nhs.uk/
dementia
dementia.stir.ac.uk
equalityhumanrights.com
faithinolderpeople.org.uk
ageuk.org.uk/scotland/
napa-activities.co.uk/
nmhdu.org.uk/news/lets-
respect/toolkit-for-care-
homes-published/
dementiarights.org
bupa.co.uk
bhfactive.org.uk/sites/
Active-Ageing-Events/
resources.htm

SOME SIGNPOSTS TO USEFUL INFORMATION

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A GUIDE FOR YOU WHEN SUPPORTING ME

This guide is about:

• valuing my life

• valuing what makes me ‘ME’

• valuing my yesterday, today and tomorrow.

What you and I can do to make my day, from the moment I wake
up, to the moment I go to sleep.

So… it’s more than planned activities and organised events.

All that’s needed is you and me… and our moments together and
it costs nothing to do.

5 KEY MESSAGES

1. Get to know me

2. It’s not just what you do… it’s how you make me feel

3. Know what I can do and support me to do it

4. Get to know me

• know my likes, dislikes and what is
  important to me

• know my life story

• know how I like to spend my day

• know how to support my family and friends
  to be part of my life

• know what I need to maintain my social life

• know what upsets me and what may make
  me feel better.

5. It’s not just what you do… it’s how
you make me feel

• be kind and compassionate

• be gentle and considerate

• respect my privacy and my feelings

• remember I have rights, the same as you

• listen to me and respond to me

• always explain to me what you are doing
  and go at my pace

• remember the power of a smile.

6. Know what I can do and support me to do it

• encourage me to be active, physically
and socially

• support me to stay as well as I can

• find ways I can succeed in the things I
  want to do

• support me to be independent… even in
  the smallest of ways
do things with me… not just for me…
or to me.

This is everyone’s business and everyone benefits