

Caring Through the Seasons:

Supporting Loved Ones with Dementia All Year Round



Caring for someone with dementia is a journey that shifts not only with the progression of the condition but also with the rhythm of the seasons. Right At Home tailors the support to the changing needs of your loved one, ensuring compassionate care all year long.

Summer

Summer brings warmth, but also challenges such as heat sensitivity, dehydration risk, and overstimulation from long daylight hours.

We ensure your loved one stays comfortable and safe, with cool, breathable clothing, plenty of fluids, and calming routines. Outdoor activities are carefully planned to avoid peak heat, turning summer into a season of gentle joy.

Autumn

Autumn's shifting colours and cooler days can sometimes mirror changes in mood or memory patterns for those with dementia. Shorter daylight hours may increase feelings of confusion or restlessness (known as "sundowning").

Our team supports this transition by creating cosy, reassuring environments through warm lighting, familiar music, and comforting routines, while still embracing the beauty of autumn with safe seasonal activities.

Winter

Winter can be particularly challenging: darker days, slippery conditions, and the risk of isolation. For people with dementia, reduced daylight can increase disorientation, while cold weather can make mobility more difficult.

Our caregivers bring warmth in every sense, providing physical safety, a well-heated home, and regular companionship. Festive traditions, gentle reminiscence activities, and sensory stimulation help keep spirits bright through the winter months.

Spring

As the days grow lighter and flowers bloom, many people experience a lift in mood. For those living with dementia, spring can be a time to re-engage the senses: smelling fresh blossoms, hearing birdsong, or feeling a gentle breeze.

However, sudden changes in temperature or unpredictable weather can cause confusion or anxiety. Our caregivers provide steady reassurance and safe outdoor opportunities, whether that's a short walk in a garden or enjoying fresh air from a sunny window.

Why Seasonal Care Matters

Dementia care isn't just about meeting daily needs, it's about understanding how external changes affect well-being. By adapting our approach each season, Right At Home ensures your loved one receives the right care at the right time, always with patience, compassion, and respect.

Call us today to learn how we can support your loved ones year round.



 **01476 833168**

 **grantham@rightathome.co.uk**

 **rightathome.co.uk/grantham-newark**

Safia Hatton-Smith

