

Dementia Dekh Bhal Scotland



Dementia and faith



Dementia can affect people of faith and of no faith. However, people who have a faith or are spiritual may find they can cope using their faith as a strategy to help them.

Sometimes people who are affected by dementia - living with it or caring for someone with dementia - can turn to faith-based practices for support. This may be yoga, prayer, singing, reading or listening to scripture, to find comfort, solace and a means of coping with dementia. They seek support from God to help them get through the 'tests' or challenges associated with complex dementia care.

It is important that people of faith also seek help and support; otherwise, sometimes challenging days can make people question their faith and feel they are to blame or are being punished by having to live with or care for dementia.

It is important to speak to your faith leaders, such as an imam, a vicar or a priest, so that they can help you think about how you can be included in faith-based practices, especially festivals, when everyone else may look to be celebrating, and you feel isolated.

For more information, please visit www.tide.uk.net

