



BAME Dementia care during Ramadhan



Dementia
Dekh
Bhaal

tideTM
together in dementia everyday

Ramadhan - family and reflection

"O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint" (Qur'an 2:183). Ramadhan is a blessed month in the Islamic calendar. A time for family and a time for reflection.

Whilst the Muslims celebrate fasting during the day; the night is also spent engaging in extra prayers. Whilst the spiritual buzz in the house may be uplifting with prayers, charity, meal preparations, it can be confusing for the relative with dementia - who would, of course, be exempt from fasting.

We want to encourage our family carers to consider the impact on your relative living with dementia and how you can involve them in partaking in some of the Ramadhan activities.



1. Suhoor and Iftaar activities

Getting up for suhoor, not eating until iftaar may mean that your day and night are now revolving around the fast and food preparation. The relative with dementia may feel confused that you are cooking and eating at abnormal hours.

Involve them by reminding them why you are having suhoor and iftaar. If they want to get up and get involved - let them do so.



2. Prayers

The blessings of Ramadhan include prayers in homes that may otherwise be less busy and occupied with ensuring prayers are read on time. If the relative living with dementia has been a practising Muslim, they may also want to get involved in the preparations and actually performing of the daily prayers. But if dementia prevents them from performing prayers accurately, let them still get involved and enjoy the peace, tranquillity and joy they get from a feeling of worship through prayers. Please do not confuse them with corrections.

The day of Eid

Eid is a time for family, happiness, food, gifts and joy. However, a family member living with earlier phases of dementia may need some support to be included. This might mean involving them in the preparations, taking them with you to Eid prayers or simply creating some space for them to have a bit of quiet time if they need it. Someone with more significant or later phases of dementia may not want to be involved; they may get confused or get upset with lots of people in the house, especially if they are making noise, as families do when they get together.

It is important to remind the person with dementia about Eid, get them to help with smaller things like giving gifts, talk about Eid when they were small / younger. Let them hear about the Islamic significance of Eid so they can reminisce too.



3. Recitation of the Qur'an

Reading the Qur'an is well established as an act of worship as well as personal, emotional joy and closeness to Allah.

If your relative with dementia can no longer read the Qur'an, play it on audio equipment, such as a smartphone or an MP3 player. Or better still, a youtube video of their favourite reciter might be even more beneficial for them to listen and watch.



4. Remembrance through Zikr

Being able to remember and recall the phrases used in zikr may help the person with dementia. Zikr could be done using a clicker, prayer beads (a tasbeeh) or simply on one's fingers.

The repetition and recall of prayers may be of comfort to your relative with dementia.

Dementia Dekh Bhaal, meaning 'caring for dementia', has been a Tide project (Together in dementia everyday) by Shahid Mohammed. Shahid's experience as a former carer and his expertise in community engagement has meant that Tide has championed the work of BAME care needs. Supporting carers with awareness, learning, and advocacy, Dementia Dekh Bhaal has brought together dementia carers from across the UK to strengthen BAME dementia carers' voices.

For further information on how we can support BAME people living with dementia, BAME carers of a relative living with dementia or organisations wanting to help dementia care in the BAME communities, please contact Shahid Mohammed on:

07841 421157

Email:

shahid@lifestorynetwork.org.uk

<https://www.tide.uk.net/dementia-dekh-baal-evaluation-report/>