

# Ramadhan, Eid and Dementia

**"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).**

At Dementia Friendly Keighley, we know this is an important time for Muslim families. Whilst the Muslims celebrate fasting during the day; the night is also spent engaging in extra prayers. Whilst the spiritual activities may be rewarding for the carers in the family, they may be confusing for the relative living with dementia - who would, of course, be exempt from fasting.

## Suhoor and Iftar

Getting up to eat at Suhoor, and then not eating until Iftar may mean that your relative with dementia could 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. Let them feel they are fasting if that is what they want to do, but let them eat during the day too if they want to eat; as fasting is not compulsory for them.

## Prayers

The blessings of Ramadhan include prayers in homes. If dementia prevents your relative from performing prayers properly, let them still get involved and enjoy the comfort they get from their prayers. Please do not confuse them with corrections.

## Recitation of the Qur'an

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 to whilst they can watch a related video.

## 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 give comfort to your relative living with dementia.

## The day of Eid

Eid is a time for family, happiness, food, gifts and joy. A family member living with dementia may need some support to be included. You can involve them in the Eid prayers if they can manage the process. Someone with more significant dementia 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 younger. Let them hear about the Islamic significance of Eid so they can reminisce too.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

