



# Awareness

Dementia is frequently misconceived as a natural and inevitable part of ageing. The first step to dispelling myths and stereotypes is to provide accurate information to improve public understanding of dementia.

## **Ways To Help Raise Awareness Of Dementia**

- Become a Dementia Friend

[https://www.dementiafriends.org.uk/WEBArticle?page=how-to-get-involved#.Y\\_jBC3bP02x](https://www.dementiafriends.org.uk/WEBArticle?page=how-to-get-involved#.Y_jBC3bP02x)

- Share Information on Social Media

- Be Aware of the Projected Scale of Dementia

[https://www.alzheimers.org.uk/info/20025/policy\\_and\\_influencing/251/dementia\\_uk/2](https://www.alzheimers.org.uk/info/20025/policy_and_influencing/251/dementia_uk/2)

- Public speaking and presentations

Every **September** for World Alzheimers Awareness Month people come together from all around the world to raise awareness and to challenge the stigma that persists around dementia. One in three of us born in the UK today will go onto develop dementia in our lifetime.

Getting a diagnosis of dementia can give individuals a better understanding of the condition and what to expect. Timely diagnosis can help with making important decisions about treatment, support and care.

# What is Dementia?

Dementia is an umbrella term for a range of progressive disorders affecting the brain, including for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia. Though dementia mostly affects older adults, it is not a part of normal aging.

Of those at least 65 years of age, there is an estimated 5.0 million adults with dementia in 2014 and projected to be nearly 14 million by 2060.

## What are the signs and symptoms of dementia?

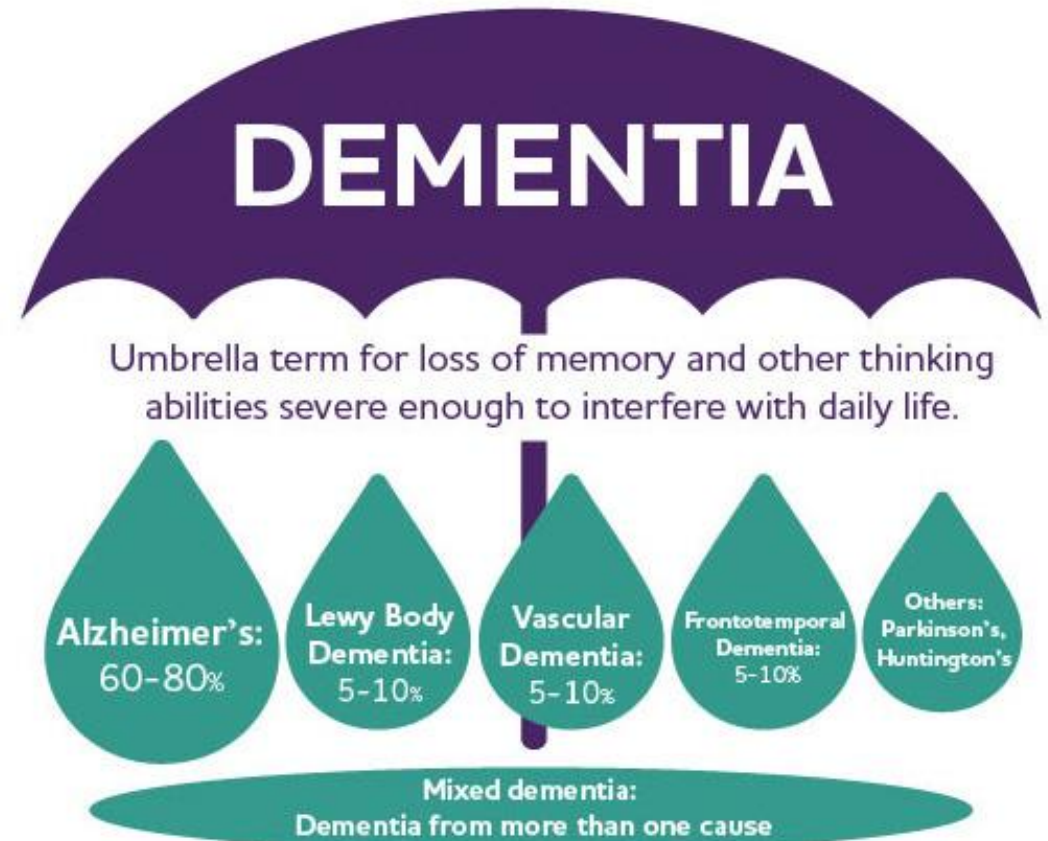
Because dementia is a general term, its symptoms can vary widely from person to person. People with dementia have problems with:

- Memory
- Attention
- Communication
- Reasoning, judgment, and problem solving
- Visual perception beyond typical age-related changes in vision

# Different Types of Dementia

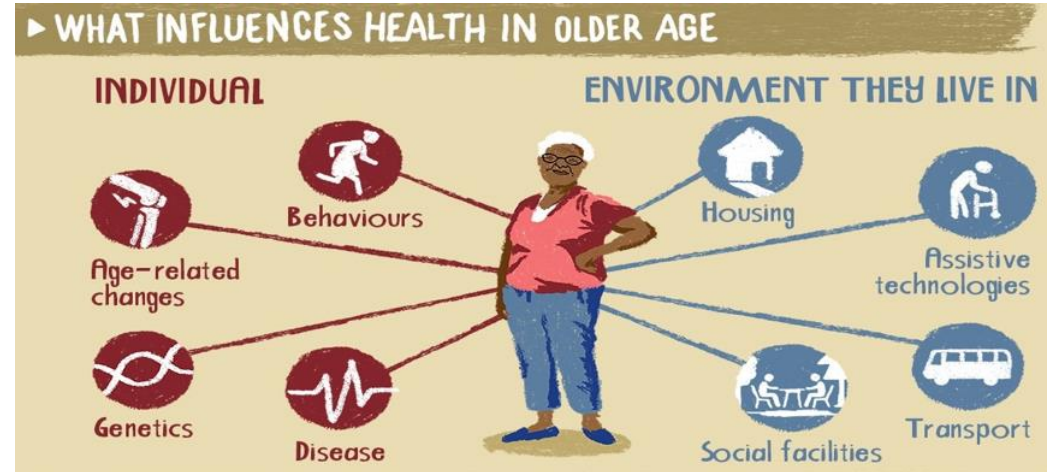
1. Alzheimer's disease most common
2. Vascular dementia
3. Lewy body dementia
4. Frontotemporal dementia
5. Mixed dementia
6. Parkinson's disease dementia

**Dementia is not a curable disease, as it is a progressive disease, so management of dementia via appropriate treatment is a way of looking at the disease.**



# The Psychological and Social Impact of Ageing

<p><b>Major Life Changes</b></p> <ul style="list-style-type: none"> <li>Physical illness</li> <li>Technological challenges</li> <li>Mis alignment between mind and body</li> </ul>	<p><b>Fear of the Future</b></p> <ul style="list-style-type: none"> <li>Will my life lose its meaning if I am no longer useful?</li> <li>How long will I be able to care for myself?</li> <li>Will I lose my mental faculties?</li> <li>If my physical health deteriorates, will I have to give up the activities I enjoy?</li> <li>Can I cope with losing my loved ones?</li> </ul>
<p><b>Memory and Learning</b></p> <ul style="list-style-type: none"> <li>Dementia/loss of memory vs Natural effects of ageing</li> <li>Assumptions that 'Old dogs can't learn new tricks'</li> </ul>	<p><b>Loss of Independence</b></p> <ul style="list-style-type: none"> <li>Reliance on younger generation for day-to-day activities e.g. driving to an appointment, or grocery shopping etc.</li> </ul>
<p><b>Grief and Loss</b></p> <ul style="list-style-type: none"> <li>Your senior loved one must face the fact that the longer he or she lives, the more friends and family members may pass away ahead of him or her. Losing the people they care about can leave seniors feeling abandoned and vulnerable,</li> </ul>	<p><b>Ageism and Discrimination</b></p> <ul style="list-style-type: none"> <li>Stigma imposed on seniors by youth-oriented society</li> <li>Workplace rejection and stigma of 'set in their ways'.</li> <li>Medical discrimination and prioritizing younger people over seniors</li> </ul>



## Helping your loved one cope

- Listen and understand what your loved ones are trying to get across
- Socialising and relationships are key to their mental wellbeing

## Possible solutions

- Stay mentally active
- Socialise regularly
- Eat a healthy diet
- Daily physical activity
- Manage chronic illnesses
- Play games that challenge your mind
- Work as a volunteer with a non-profit organization
- Visit a new place
- Organize an activity for a group of friends or family members
- Write letters to your loved ones
- Keep a dream journal

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



# Stigma/ Cultural Issues

There are an estimated 25,000 people in ethnic minority communities with dementia in the UK; there are varying experiences and care needs in each of these communities. While the number of white, British people with dementia is expected to double by 2051, the numbers of people from ethnic minorities is expected to increase seven-fold by the same time (Alzheimer's society, 2019).

<https://www.dementiauk.org/dementia-across-cultures-and-ethnicities/>

Some South Asian groups don't even have a word for dementia in their language. There is also stigma and a sense of shame leading to not wanting to let people know what's happening.

We also need to consider the issue of language – children who have been to school in this country don't necessarily speak the original language of the familial person who came here in the first place. So the older person with dementia may not actually even speak the same language as the people around them

# Mental Wellbeing and Activities for people living with Dementia

## Music Therapy

Music accesses different parts of the brain than language, so music can be used to communicate or engage with someone who has been diagnosed with dementia, even if they no longer speak or respond to other people's words.

Playing music that meant something to them, such as a favourite song, a piece of music from their wedding, or a tune they used to sing to their children, can tap into powerful memories and emotions.

- Sing along Sessions
- Playing their favourite music
- Encouraging and complimenting them on their ability to sing/recognise the music

## Reminiscence Therapy

- Photographs, family albums
- Childhood/school/university days – relationships and Memorable events, revisiting nostalgic moments



- Family and relationships

## Physical activity – Sport, outdoor activity

- Regular outdoor time – walk or even sit on a bench for short periods – sunshine/fresh air
- Gardening/potting
- Watching favourite sports – cricket/football etc
- Reminiscing favourite sport personalities
- Visiting temples/day centres and other places of personal interest



## Mental Stimulations

- Word search
- Find the difference
- Colouring
- Jigsaw puzzles



## Person centred approach

- Personal likes and dislikes- food, dressing
- Life events – Cherished memories
- Relationships – family and friends

## Social interaction – friends and family

- Regular interaction with close friends and family
- Tel/zoom calls
- Zoom music/chat sessions
- Be aware of repetitive topics/conversations

# Care Home VS Home Care – Why Home Care?

- Family connection and life long memories
- Community and societal perceptions – Stigma
- Fear of the unknown – a very different concept
- Domiciliary Care options – Advantages/disadvantages

<u>Advantages of Home-Care</u>	<u>Disadvantages of Home-Care</u>
Familiarity of the environment and a feel of personal space	The pressure on family members and particularly elderly partners.
The ability to be independent and have control over day to day functions	Compromising personal dignity and choice
Family connections and interactions	An individuals safety can be compromised due to lack of ability to make best interest decisions
The cost element	Feeling isolated due to the difficulties of having adequate social interaction

# Care Home VS Home Care – When to consider the move to a Care Home

- Consider the move when there is enough evidence to demonstrate that managing in one’s own space has become challenging
- OR**
- Explore the options and the idea whilst your loved one can have a say in it – a proactive measure.
- The pressure on the family/partner and the impact on their physical and mental health
- Safety issues – e.g. Leaving the gas on, walking out of the house and not being able to find your way back etc.

## Advantages of a Care Home

## Disadvantages of Advantages of a Care Home

24x7 care by trained professional staff in a regulated service

Costs can be prohibitive

Having the company of people of similar age group and similar health conditions

The mental stress and anxiety of adapting to a new culture/environment

Day to Day living functions – Cooking, Cleaning, laundry, shopping etc. are taken care of!

The quality of care can differ depending on the specific staff members.

Specialist equipment to aid physical mobility and mental stimulation

Since frequent changes to the staff are common, one-on-one care won’t be as consistent.

Daily activities to keep people physically and mentally active.



# Useful Resources

Alzheimer's Talking Point online forum/ Alzheimer's Society UK

<http://forum.alzheimers.org.uk/>

Age UK/ Get face-to-face advice at your local Age UK

<https://www.ageuk.org.uk/information-advice/>

Independent Age

<https://www.independentage.org/>

Dementia UK

<https://www.dementiauk.org/>

# Questions