

Alzheimer's Society

Dementia Awareness

Melanie Witherall

Who We Are

Alzheimer's Society

Here for everyone affected by dementia in Northern Ireland, England and Wales.

What we do:

- Dementia support services
- Funding dementia research
- Campaign action

At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today and providing hope for the future and by funding research into life changing treatments



Activity

What is the first word you think of when you hear the word '**dementia**'?



What is dementia?



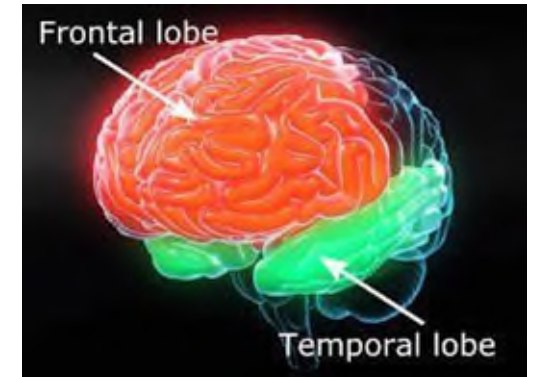
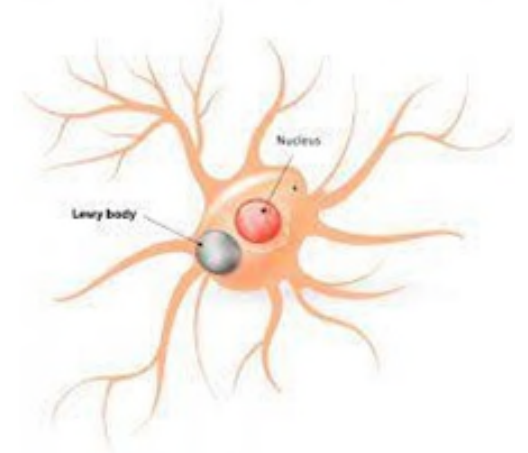
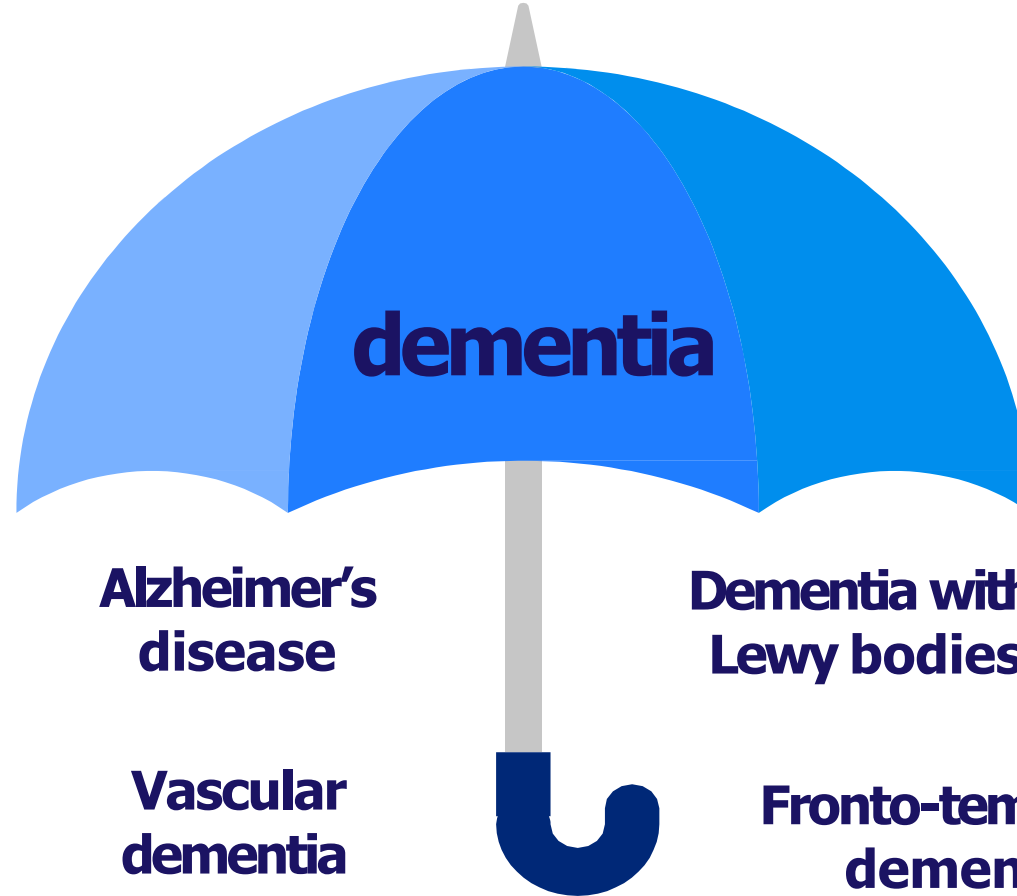
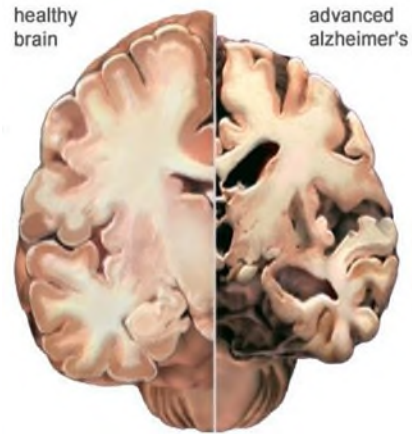
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Together we are help & hope
for everyone living with dementia

Dementia is caused by diseases of the brain



Common causes of dementia



Dementia is more than memory loss...

- Motor skills
- Sequencing
- Changes in inhibition
- Visual perception
- Communication
- Mood changes

and many more



Prevalence of dementia



More than 900,000 people in the UK have dementia



One in 14 people in the UK over the age of 65 have dementia



22,000 people in Northern Ireland are estimated to have dementia



In the UK, someone develops dementia every three minutes



There are over 45,000 people in the UK under the age of 65 who have dementia

Communication



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Why is communicating important for a person with dementia?



Good communication is an important part of **living well** after a diagnosis of dementia.

It helps people with dementia to

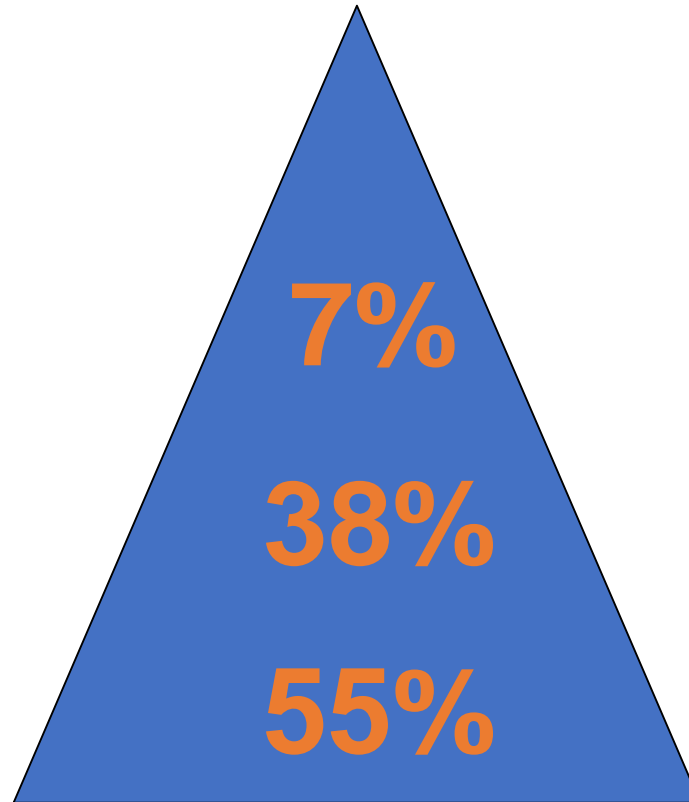
- **keep a sense of self**
- **sustain relationships**
- **maintain their quality of life**

Even as communicating becomes more challenging, there are lots of ways to communicate meaningfully together.

How do we communicate?

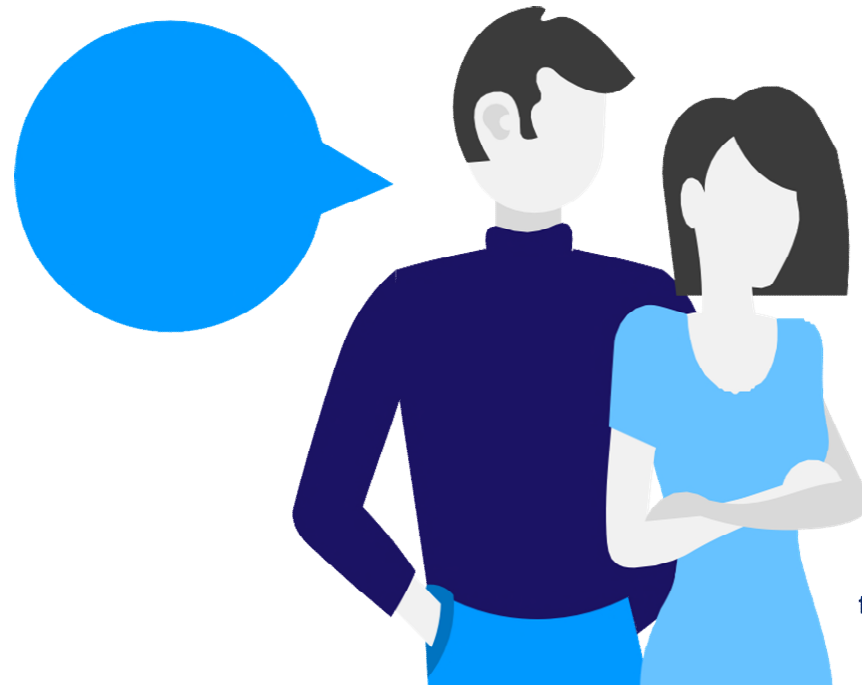
Which percentage accounts for

- **body language**
- **words alone**
- **tone**

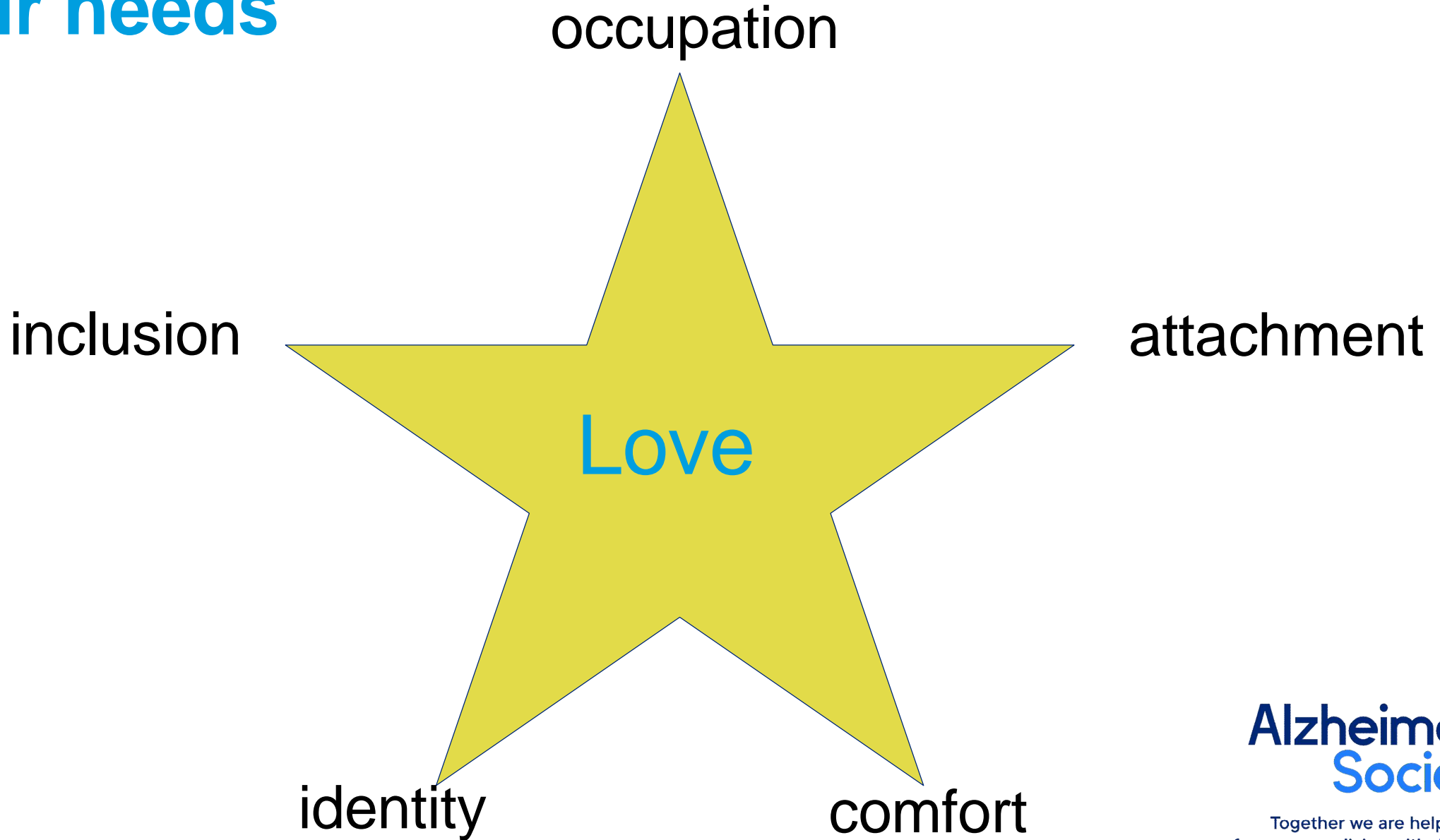


Communication tips

- Listen
- Reduce distractions
- Speak clearly
- Be aware of body language
- Use aids
- Respect the person



Our needs



Meeting needs

When we experience..	We need to feel..
loss or change	comforted
uncertainty in a strange environment	safe and secure
failing memory	that we know who we are
isolation	included
boredom	occupied



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Dementia Friendly Environments



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Dementia Friendly environments

Living room



Toilet



Bedroom



Kitchen



Bathroom and toilet



Natural light

Good lighting helps inhabitants make sense of where they are. Also bedrooms should be dark enough at night, to assist sleep

Clutter-free

Get rid of any excess clutter and make sure cupboards and drawers are tidy

Storage

Pictures or signs put on cupboards and drawers so people know what's inside them

Furniture

Bright and contrasting colours to help inhabitants see furniture better. Avoid stripes and strong patterns as they can be confusing

Kitchen

Plates, cups and tablecloths with colours that contrast with food

Safe flooring

No rugs or mats or any other trip hazards. Flooring should not be similar colour to the walls, as it may confuse

Bathroom

Put a sign on the door labelling the toilet or bathroom. Towels and toilet rolls with colours that contrast to the walls

Doors

Exterior doors should be a different colour so they are easy to tell apart

Safety equipment

Grab rails, smoke alarms, carbon monoxide detectors and sensors that can detect whether the water has been left running or the temperature is too high or low

Dementia Friendly Environment Checklist

Where possible, all events should be as dementia friendly and inclusive as possible. There are simple steps you can take to include everyone, from inviting your local care home, or Alzheimer's Society group, to making sure all signage is clear and there's not too much noise.

Below is a checklist to make your event dementia friendly. This list is not exhaustive, and you shouldn't be put off your event if you cannot tick them all off. If possible speak to people living with dementia and ask them how they find the area.

Quiet space

- Do you have a quiet space for someone who might be feeling anxious or confused?
A few minutes with a supportive person might be all that's needed.

Signage

- Are signs clear, in bold face with good contrast between text and background?
- Is there a contrast between the sign and the surface it is mounted on? This will allow the person to recognise it as a sign.
- Are the signs fixed to the doors they refer to? They should not be on adjacent



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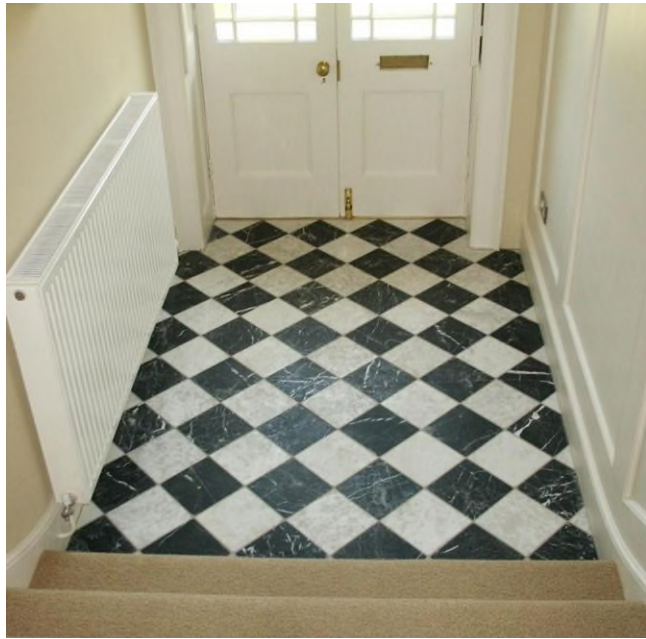
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Changes in perception



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Alzheimer's Society services

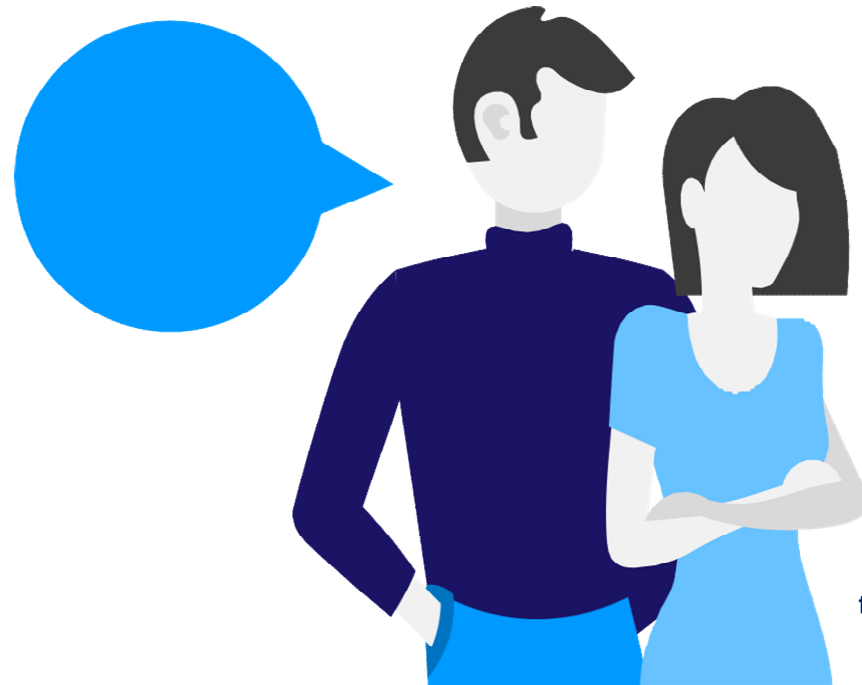


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Alzheimer's Society Local Services

- Dementia Advisors
- Carer Information Support Programme (CrISP)
- Singing for the Brain
- Advocacy
- Dementia Voice
- Awareness Raising



Dementia Advice

- Pre-diagnosis
- Post- bereavement
- Support people with dementia and carers
- Regular contact
- Future planning
- Signposting



"I am so happy I made the decision to contact Alzheimer's Society. I wanted to know am I doing all I can to keep myself as well as possible. Talking to you has reassured me I am doing well, and I feel relieved that I have someone to support me through my journey." Carer

Carer Information and Support Programme (CrISP)

Understanding dementia after diagnosis

4 modules delivered over 4 weeks or 2 half days

1. Understanding dementia
2. Providing support and care
3. Legal and money matters
4. Coping day-to-day and next steps



Singing for the Brain



Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

We also do vocal exercises that help improve brain activity and wellbeing.

This service is delivered virtually, as well as in 8 week blocks across Belfast, Lisburn and North Down and Ards.

For more information, please email singing@alzheimers.org.uk

Advocacy



Our advocacy service supports a person with dementia to understand their rights and express their views, primarily in relation to care and support. Our advocates use their expertise to empower people affected by dementia to make informed choices and decisions. They can represent and speak on behalf of someone with dementia if they can't do so themselves.

For more information, please email advocacyni@alzheimers.org.uk.

Dementia Voice



People living with dementia are at the heart of all our work.

What is Dementia Voice?

Dementia Voice offers opportunities to people living with dementia and carers to use their personal experiences to help shape the work that Alzheimer's Society does and other local and national work with external organisations. It is also often referred to as 'user involvement'.

Dementia Support Line

0333 150 3456

Publications and factsheets

<https://www.alzheimers.org.uk/get-support/publications-factsheets>

Research Network Volunteer

Talking Point

Peer-to-peer forum



Facing dementia, we are always better together



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Questions

Contact details

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028 9066 4100

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