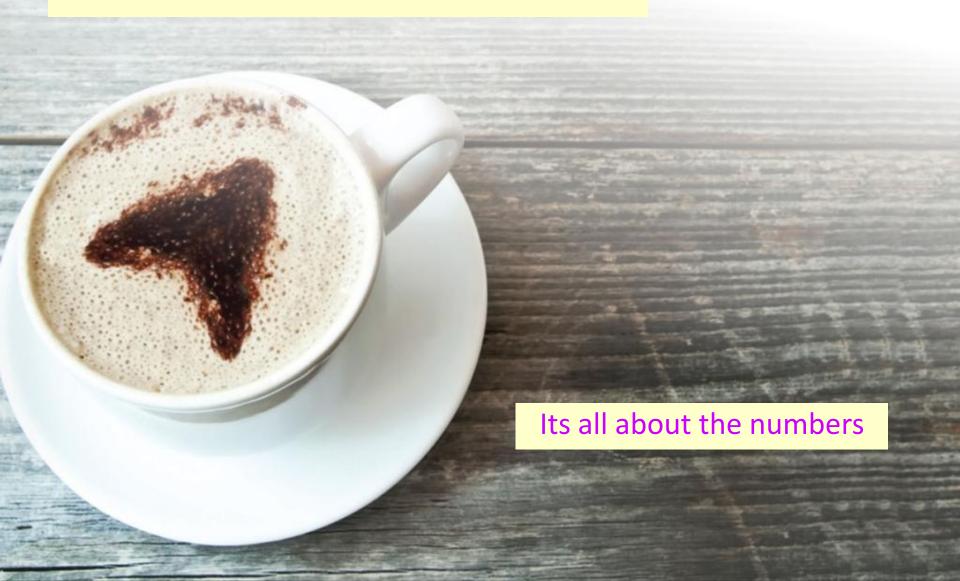
Dementia Friends





Hopes



- Want to raise awareness of dementia in the community
- How it affects individuals and their families every day
- Readdress the myths
- Remove the stigma
- Make people see there is more to people than the dementia
- To stop people from being frightened of being diagnosed

What are the facts?



- You can live and live well with dementia
- It is not the end of the world (it may feel like it to begin with)
- 1 in 3 of us will develop dementia compared to 1 in 8 50 years ago
- Person living with dementia is usually over 65
- 400,000 people live in residential/nursing homes with dementia
- 320,000 live with dementia in their own homes
- Medication can alleviate symptoms but there is no cure

What are the numbers?



- 44% of people with dementia feel the lost their friends after diagnosis
- 48% of people with dementia feel a burden to their families
- 61% of people with dementia feel lonely some or all of the time
- 67% of people with dementia do not feel part of the community
- 75% of the UK does not feel that society is ready to deal with dementia
- 77% of people with dementia feel anxious or depressed

What is dementia?



- Set of symptoms including
 - Memory loss
 - Mood changes
 - Problems with communication
 - Problems with reasoning and thinking speed
- It is progressive
- Rate of progressions depends on individual and type of dementia
- Dementia is an umbrella term for

Types of dementia



Alzheimer's disease

- Most common
- Changes structure and chemistry of the brain
- Causes death of brain cells
- Short term memory issues often first sign
- Vascular dementia
 - Problems with oxygen supply to brain
 - May follow a stroke or a series of mini strokes

Types of dementia



- Lewy body dementia
 - Tiny abnormal structures that develop in nerve cells
 - Presence leads to degeneration in brain cells
 - Disorientation, hallucinations, problems with planning, reasoning, problem solving
 - Memory affected to lesser degree
 - Shares characteristics with Parkinson's disease
- Frontal lobe dementia (including Pick's disease)
 - Personality and behaviour changes most obvious

What feelings may be evoked?





- Anxiety
- Confusion
- Worry
- Stress
- It's how you say it not what you say

5 things everyone should know about dementia



- It is not a natural part of ageing
- It is caused by brain diseases
- Its not just about losing your memory personality, reason, understanding, behaviour, mood, perception, planning, organising
- You can live well with dementia
- There is more to the individual than their demential



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- Words one penny or new penny at top
- A crown
- A portcullis gate
- Hanging chains each side of gate
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What does this show us?



- We all take recognition of every day objects for granted
- The pressure to remember small details can evoke extreme reactions in all of us
- We should limit the situations in which people living with dementia may feel their memory is being tested
- Does it matter if we forget?
- How do we deal with extreme reactions?
- How can we extract information from someone living with dementia?



Call to action!



- Give a helping hand
- A small hand can make a big difference
- Every action counts
- Ask to help don't just assume
- Listen carefully
- Be clear
- Offer support
- Consider feelings
- Show respect





- Train to become a dementia champion
- Visit a relative with dementia
- Help someone with their shopping
- Become a volunteer
- Fundraise

What can you do in your daily life?
Record your action on www.dementiafriends.org.uk