

# Dementia Friends

argolife   
& legacy



Its all about the numbers

# 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 they have 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 dementia



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# Penny test score – 10.5 points

- Queen's head facing the right way 1 point
- Elizabeth 11 written at front of Queen's head 1 point
- Latin wording – DG REG FD 2 points
- Date over Queen's head 1 point
- Dots around edge of coin ½ point
- Words one penny or new penny at top 1 point
- A crown 1 point
- A portcullis gate 1 point
- Hanging chains each side of gate 1 point
- Number 1 at the bottom of the coin 1 point

# 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?



Average  
Score 2.5

# 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

# Pledges

- 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](http://www.dementiafriends.org.uk)