

HEALTH & NUTRITION

Maintaining a healthy lifestyle such as eating a Mediterranean style diet (lots of fresh fruit, vegetables, fish, cereal and low intakes of saturated fat) can help to increase longevity, especially when coupled with minimizing alcohol intake and avoiding smoking.

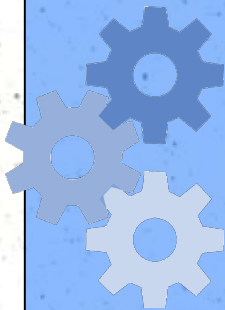
(BDA, 2019)

The Government's own Eatwell Guide aimed at maintaining good health and cognition through diet and exercise is a good starting point.

Factors such as body weight and blood pressure will also have a bearing and finding a healthy lifestyle balance will contribute to both physical and mental well-being.

(Gov UK, 2018)

STAYING ACTIVE



There are benefits to being Active, not only physical but social, too. Activities such as walking, swimming, yoga, gym and art classes can help to keep you fit, involved and socially active.

(NHS, 2018a)

MEMORY LOSS

Memory loss can be frustrating, stressful and disorientating. However, there are strategies that can help you to cope with daily tasks and rebuild your confidence.

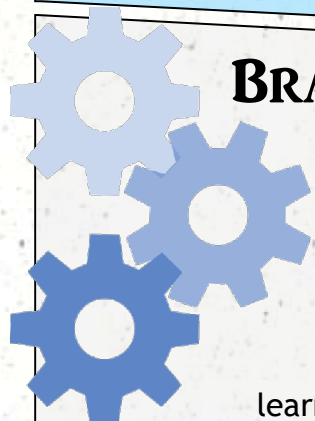
Here are some suggestions you may find helpful:

- Post-it notes and pictures can help to identify essential items.

- Diaries and wall planners can be a useful reminder for important dates and events.
- Keep an address book containing useful contact names and phone numbers.
- Have photographs to hand to remind you of important friends and family members.
- Ask your pharmacist about dosette boxes for medication.

(Alzheimer's Society, 2017)

BRAIN WORKOUT



Exercising your mind is a good way of helping your brain stimulate connections. Activities could include:

Puzzles, crosswords or board games. Perhaps learning a musical instrument or even a language. Whatever you choose, try and find something you can maintain.

(Alzheimer's Society, 2019)

COPING WITH DEMENTIA



(Image 1)



If you have been recently diagnosed with dementia it can be a very worrying time.

It is important to talk to those around you and access the support and services that are available in your area.

The local authority has a duty of care to assess your support needs and this can be arranged either through your social worker or your local GP surgery.

(NHS, 2017b)

DEMENTIA CARE GIVING



(Image 3)

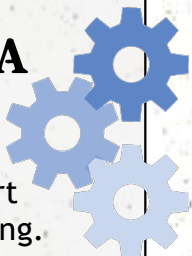
There are several forms of dementia and depending how advanced the condition is, determines the level of care required.

There is no cure for dementia but with the right support, it is possible to enjoy a good quality of life for many years.

As a carer, you have the opportunity to help someone maintain independence for as long as possible, whilst providing the care and support they need.

(Department of Health, 2009)

SUPPORTING SOMEONE THROUGH DEMENTIA



Caring for a friend or loved one with dementia can be challenging and stressful. With help and support though, it can also be very rewarding.

There are support workshops available to carers, as well as training and in some instances, respite.

You should register with your GP as a carer and request a carer assessment. Having an assessment will help to identify areas in which you can be supported as well as put you in contact with local support groups and training opportunities. Assessments are free and are available to anyone over 18.

As a carer you may also be entitled to benefits and services to assist you in some everyday tasks, such as housekeeping or shopping.

(NHS, 2018b)

FOOD & NUTRITION



Ensuring proper nutritional intake can be a challenge. Dementia can often result in a lack of appetite or even sufferers simply forgetting to eat or drink. Dementia can often lead to a reduction in sense of smell and taste.

Ensuring food is flavoursome and aromatic will help to stimulate appetite, as will small portions served on larger plates.

(SCIE, 2015)

COLOUR & CONTRAST

Negotiating even familiar surroundings can present daily challenges and the way that colours and contrast are perceived need careful consideration.

Using strong contrasts can help define the environment and avoiding things such as patterns on carpets can minimise the risk of trips and falls.

(Dementia Enabling Environments, 2018)

PLANNING AHEAD

Dementia is degenerative and over time you may feel the person you are caring for is no longer able to make decisions for themselves. Below is a list of some of the legislation that may be useful:

- Social Services and Well-being (Wales) Act (Welsh Government, 2014)
- Well-being of Future Generations (Wales) Act (Welsh Government, 2015)
- The Mental Capacity Act (HMSO, 2005)
- The Mental Health Act (HMSO, 1983)

Further information:

alzheimers.org.uk Tel: 0300 222 1122

age.uk/cymru (Age Cymru)

dementia.uk (Dementia UK)

alz.co.uk (Alzheimer's Disease Int.)

wales.nhs.uk (NHS Wales)

gov.uk/government/publications/the-eatwell-guide (UK Government)

