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DO YOU OR A LOVED ONE HAVE DEMENTIA?



Pinterest, ND.

WHAT IS DEMENTIA? - Dementia is an umbrella term for a variety of chronic and progressive brain conditions. Each type of dementia overtime impairs a person's ability to remember (memory), normal thinking, the ability to reason and communication by preventing brain cells from functioning properly in specific areas of the brain. (Centres for Disease Control and Prevention, 2019; ICD-INT, 2010.)

Approximately 900,000 people live with dementia in the UK, over the age of 65 however, over 42,000 are younger than 65 living with young onset dementia. (Alzheimer's, 2021) With 65% of women diagnosed with dementia compared 35% of men (Kiely, 2018; Oliver, 2018; Alzheimer's Research UK, 2016) 3% of people living with dementia are from the Black Asian and Minority Ethnic (BAME) which is around 25,000 (Alzheimer's, society, 2019).

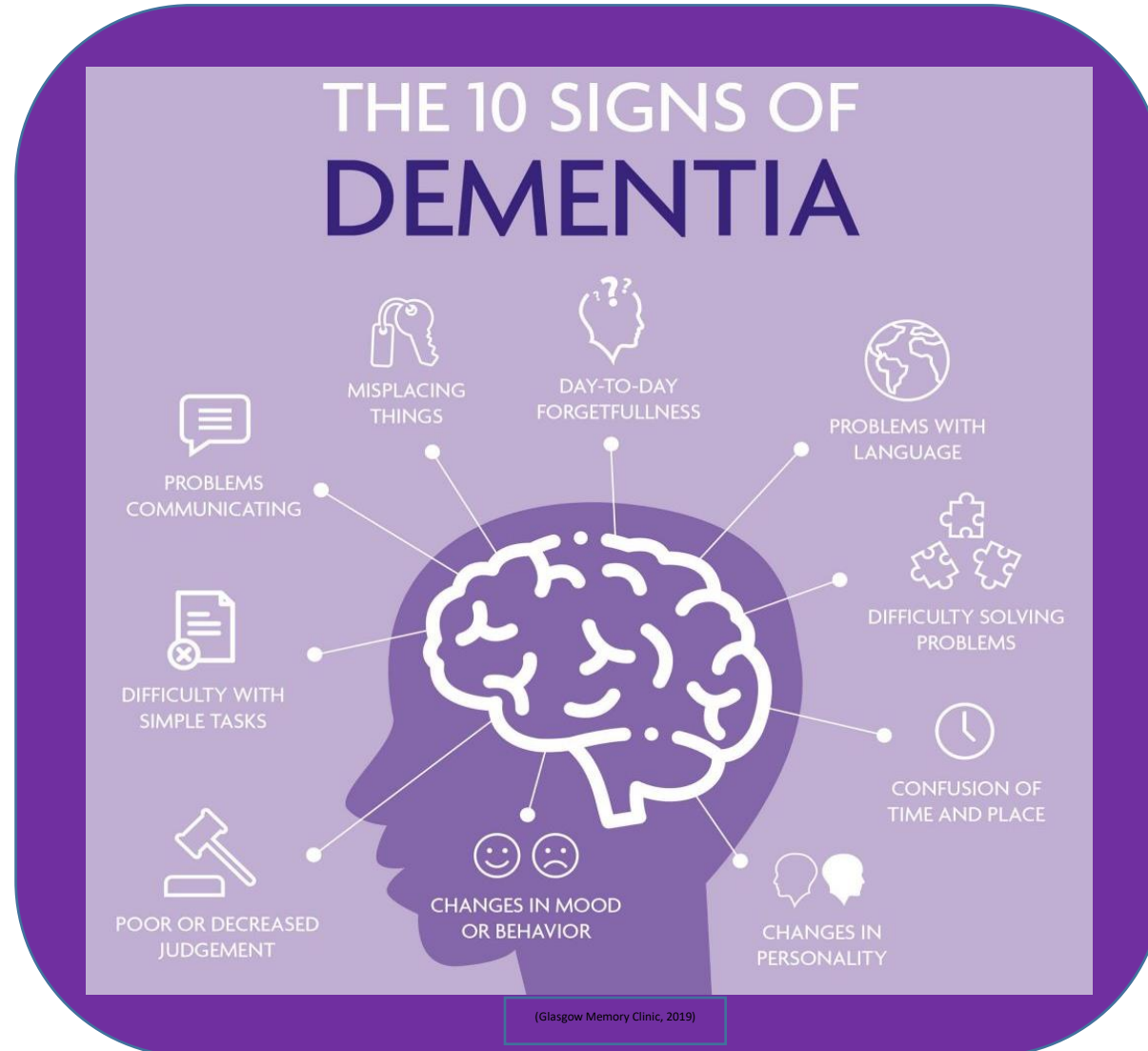
THE MOST COMMON TYPES OF DEMENTIA

- ❑ Alzheimer's disease (1 in 3 young people) (Atypical Alzheimer's)
- ❑ Vascular Dementia
- ❑ Frontotemporal Dementia (FTD)
- ❑ Lewy's Body
- ❑ Mixed Dementia (Mayo clinic, 2021; Younger onset dementia, 2020)

TESTS THAT MAY BE USED TO DETERMINE A DIAGNOSIS

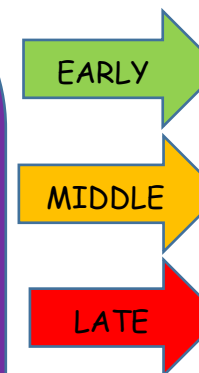
For the diagnosis of dementia, you will undergo a series of tests:

- Cognitive and neurological tests (assess thinking and physical functioning)
- Brain scans to identify strokes, tumours, and other problems that can cause dementia
- Blood tests
- Psychiatric evaluation
- Generic tests (National Institute on Aging, 2021; NHS Choices, 2020)



PLEASE DON'T MISTAKE THESE SYMPTOMS FOR DEMENTIA AS SOME ARE SIGNS OF NORMAL AGEING, BUT IF YOU OR YOURM LOVED ONE DO REPEATEDLY EXPERIENCE THESE SIGNS, PLEASE CONTACT YOURE GP AND SEEK MEDICAL ADVICE!!!

3 STAGE MODEL



Problems are mild and can be unnoticeable, are easily dismissed with ageing

Obvious changes with the persons, daily life, relationships and tasks which has become difficult and stressful

Extensive damage to the brain, very dependent in all aspects of life. Decreased mobility and severe physical changes

(Kindly Care, 2020; Factsheet, 2015; Alzheimer's Association, 2016)

ALZHEIMER'S DISEASE

Alzheimer's disease is a brain disorder of changes that occur in the brain that is different to normal ageing it slowly effects the brain because of the build-up two proteins. 6 in 10 people in the UK are affected with dementia.

Early diagnosis means early treatment where the correct intervention could slow down the disease.



TREATMENTS & INTERVENTIONS

THERE IS NO CURE FOR DEMENTIA!!

- Medication can be managed to try slow down the progression
- Healthy lifestyle changes such as diet and regular exercise
- Therapies: music art
- Cognitive stimulating tasks

(Tidy, 2018; NationalInstituteForHealthandCareExcellence, 2019)

SUPPORT FOR PEOPLE WITH DEMENTIA

- Support from family, friends and organizations
- Access appropriate support to continue employment
- Legal and Financial decisions to ensure financial stability
- Advanced care planning
- Lasting Power of attorney
- Advocacy (may be needed)

Such things should be put in place before a person loses the capability of making decisions (Alzheimer Calgary, 2021)

NON-PRORITABLE ORGANISATIONS & CHARITIES

Dementia UK (including admiral nurses) 0800 888 6678

Alzheimer's Society (including Dementia Friends)

0333 150 3456

Age UK 0800 678 1602

RICE (Research Institute form the care of older people)
01225 476 420

The Brain Charity (neurological helpline) 0800 008 6417

Contented Dementia Trust info@contenteddementiustrust.org

FINANCIAL HELP AVAILIABLE

BENEFITS

- Personal independence Payment
- Attendance Allowance
- Carers allowance

For more information visit www.alzheimers.org.uk/get-support/legal-dementia

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INTRODUCTION

Good morning everyone, my name is Chantelle Simmonds and I'll be presenting to you my poster that can be displayed within the local GP and community to raise awareness of the common degenerative neurological brain disorder that is rising globally.

DEMENTIA

- **WHAT IT IS**

An umbrella term

- **COMMON TYPES OF DEMENTIA**

- ✓ Alzheimer's
- ✓ Vascular Dementia
- ✓ Frontotemporal Dementia (FTD)
- ✓ Lewy's Body
- ✓ Mixed Dementia

Alzheimer's is the most prevalent disease within dementia

Common Signs within Alzheimer's

DISENGAGEMENT THEORY

ACTIVITY THEORY

CONTINUAL ENGAGEMENT

MASLOW THEORY

One's basic needs are met within the Maslow Theory but the higher needs shouldn't be ignored.

MEDICAL/SOCIAL MODEL

People that are diagnosed with dementia are normally treated medically by the medical model but hardly seen to be treated with the social model in life once diagnosed.

LEGISLATION/THEORY/POLICY

- **LEGISLATIONS AND POLICIES THAT PROTECT A PERSON WITH DEMENTIA**

TREATMENT AND INTERVENTION

Diet

TECHNOLOGY

- Alexa
- Google home
- Bed sensors
- Medication reminder

These innovations of technology is good to keep the person suffering with dementia keep independence for as long as they can within their home.

RECOMMENDATION

Recommendation

- **NON MEDICAL THERAPY**
- **ADVOCACY**

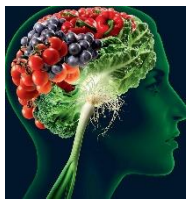
NON PROFITABLE ORGANISATIONS/CHARITIES

- Dementia UK
- Alzheimer's society

How they can help, support, finances

JUSTIFICATION

The poster needs to be used within the community and *GP* services to raise awareness of dementia, as there is not enough. To give insight to those that are unaware and to people that are having to cope with the disease themselves or carers allowing them to seek advice and support from various sources.



(Natural Health News, 2016)