



# Dementia Care and Provision for the Elderly in Wales



# Contents

|                                |  |
|--------------------------------|--|
| Overview.....                  |  |
| Part one.....                  |  |
| Dementia Friendly Swansea..... |  |
| Ty Golau.....                  |  |
| Me, myself and I.....          |  |
| References.....                |  |
| Part two.....                  |  |
| Impact of Dementia.....        |  |
| References.....                |  |

### Basic Acknowledgement format of AI tool use

I acknowledge the use of Grammarly <https://www.grammarly.com/> on May 10 2025 to check my work by using the following prompt.

I used the prompt(s):

1. Please check the following text for readability and grammar.

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

I acknowledge the use of Google scholar <https://scholar.google.com/> on 6 May 2025 to access reliable and suitable papers for my work by using the following prompts:

I used the prompts:

1. The benefits of music therapy on cognitive decline.
2. Study to support that dementia effects quality of life.
3. The effectiveness of gentle exercise on individuals with cognitive decline.



# Overview



This portfolio will provide a summary of three initiatives in Wales that aim to support individuals with dementia and their caregivers. The initiatives that will be discussed are; Dementia Friendly Swansea, Ty Golau and Me, myself and I.

Their objective is to provide support, guidance and caring environments for individuals with dementia and their caregivers. Each initiative offers different events and activities to help these individuals feel connected, less isolated and to make their difficult journey a little easier.



# Dementia Friendly Swansea



The organisation offers a range of services aimed at improving inclusion and quality of life for people affected by dementia.

Dementia Friendly Swansea is a voluntary organisation dedicated to supporting individuals living with dementia, their families, and carers across Swansea and surrounding areas.

Located in the **Quadrant Shopping Centre in Swansea!**



Dementia friendly Swansea provide central service known as '**Dementia Hwb**'. This is a community hub that provides individuals with dementia and/ or their caregivers information, guidance and support. Such as:

- \* **Support** with dementia services, including health and social care resources.
- \* **Assistance** with things like Blue Badge forms and emergency referrals.
- \* It offers workshops and **training sessions** to improve understanding of dementia in the community.

Available for information and a chat **every day from 11:00 AM to 3:00 PM.**

This initiative aims to increase social inclusion and provide a more supportive and understanding community for individuals with dementia. Dementia Friendly Swansea aims to do this through offering different events and activities.

# Memory and reminiscence activities



Dementia Friendly Swansea offers various sporting initiatives to engage individuals with dementia in physical activity, promote social interaction, and enhance overall wellbeing. They offer **Sporting Memory Sessions**, that encourage the individuals to reminisce about their favourite physical activities and sport. They would collaborate with local sport clubs including Swansea City AFC Foundation, who offer light physical activities such as walking football, to encourage those with dementia to feel more connected and included. Nuzum et al. (2020) supports this, as their study suggested that exercise helps cognition, independence, and mental health in older adults with dementia, which would help in improving quality of life of individuals with dementia (Nuzum et al.,2020) .

The charity uses **music to relive memories**, encourage conversation, and improve emotional wellbeing. These sessions may include listening to songs from their earlier years, singing, or combining music with crafts to create a relaxed and engaging environment. This is supported by empirical evidence, as Lam et al. (2020) conducted a study that suggested that music is beneficial to individuals with dementia, as it helps to reduce anxiety, depression and helps verbal fluency (Lam et al.,2020).



Every Thursday, 11:00 AM – 12:00 PM

Every Saturday, 9:00 AM – 10:00 AM

@ Penlan Leisure Centre (Sportshall), Heol  
Gwyrasydd, Swansea,  
SA5 7BU

# Dementia friendly activities



The **National Waterfront Museum** in Swansea offers several **dementia-friendly activities** to engage people living with dementia in meaningful ways. These sessions are designed to promote creativity and social interaction while providing a supportive and relaxing environment.



## Honeybees

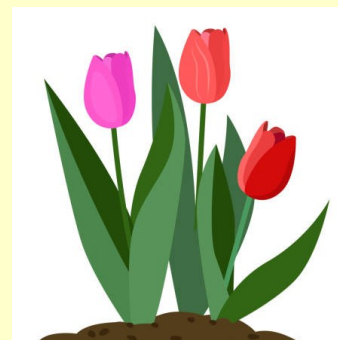
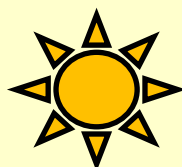
The **Honeybees** session is a relaxed, dementia-friendly activity where participants learn about bees and enjoy a simple craft activities. It supports memory, senses, and social interaction in a calming environment.



## Spring-time Food and Bulbs

The Museum holds a gatherings that involves spring-themed activities such as planting bulbs, creating arts and crafts and discussing memories related to gardening. The session also includes light refreshments and warm drinks!

Sia et al. (2020) conducted a study that focused on a nature-based intervention, that involved gardening and plant based activities. The findings suggested that completing activities that involve nature significantly improved mood, reduced anxiety and improved cognition in elderly individuals (Sia et al.,2020).



# ★ Ty Golau ★

Ty-Golau is a charitable organization based in Kidwelly, Carmarthenshire, that support individuals living with dementia and mild memory impairments. Ty-Golau aims to provide a safe and welcoming environment where individuals with memory challenges can engage in activities that promote cognitive health and well-being.



Ty Golau run weekly sessions at the Canolfan John Burns Centre, located at Parc House, Carmarthen Road, Kidwelly SA17 5AB. These sessions are on Wednesdays from 10:30 AM to 12:00 PM.



## Simple Cookery

Simple cookery at Ty-Golau involves easy, hands-on activities like making fruit salads or baking scones. These tasks help stimulate memory, improve coordination, and encourage social interaction, while offering participants a sense of achievement in a supportive setting.

## Music and Movement Session

These sessions are designed for individuals with dementia and mild memory impairments, to promote social interaction and express emotions through the therapeutic benefits of music and physical activity. Dance can promote physical exercise, improve motor skills and enhance social interactions. Klimova et al. (2017) conducted a study that suggested that dance therapy positively impacted cognition, motor skills and inclusion in individuals with dementia (Klimova et al., 2017).

According to Bethesda Health Group, cooking engages multiple senses such as sight, smell, taste, and touch, which can help boost cognitive function and help with memory recall of individuals with dementia (Bethesda Health Group, 2022).



# Themed quizzes



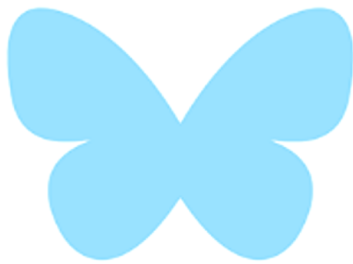
At Ty-Golau, quizzes are used as a fun activity to support memory and cognitive function in people with dementia. These themed quizzes may include topics like music from the 1950s, local history, famous landmarks, or popular TV shows from the past. The subjects used are likely to promote positive memories and engagement with others around them. By working together with the individuals around them, they will feel connected, sociable and most importantly included.



Aguirre et al. (2013) conducted a study that assessed the effectiveness of Cognitive Stimulation Therapy (CST) for people with mild to moderate dementia. The study suggested that structured activities such as quizzes, were beneficial to individuals by enhancing their quality of life and well-being and helped to slow cognitive decline (Aguirre et al., 2013).

# Me, myself and I

Contact Our Office - 01639 81252



Me, Myself & I

Me, Myself and I is a community charity that was established in 2013 and is based in Neath Port Talbot. They aim to support individuals living with dementia and memory loss, as well as their families and carers. The charity offers a range of services aimed at enhancing well-being and fostering social connections.

Me, myself and I offer activities for individuals with cognitive impairment to come along to. The sessions are known as, 'friendship-group', that offer a safe and relaxed environment for the individuals to create connections and to bond with others at the session.

## What happens at the sessions?

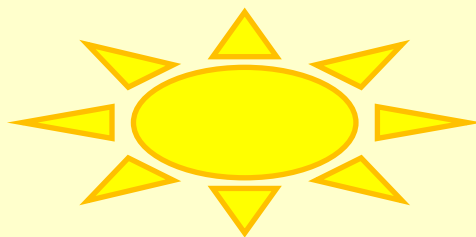
- \* Music and singing
- \* Gentle exercise
- \* Cooking and food based activities
- \* Jigsaws and puzzles
- \* Creative activities
- \* Quizzes

## When? Where?

Tuesdays 10-12 @Cimla Community Centre

Tuesdays and Thursdays 10-12 & 2-4 @

Former Brynhyfryd Primary School **SA11 2ND**



**The puzzle activities** at the Friendship Groups involves using jigsaw puzzles and other problem-solving games, such as cross-words, as a gentle and engaging way to support people living with dementia. These activities are chosen for their ability to stimulate the brain, improve focus and co-ordination. These activity are often completed within groups, to encourage socialising with others and to prevent isolation. These cognitive stimulating games are beneficial to elderly individuals by helping maintain problem-solving skills and provide them with a sense of achievement.

Fissler et al. (2017) conducted a study to evaluate the effects of solving jigsaw puzzles on cognitive functions in adults aged 50 and older. The results suggested that Puzzles can improve focus, reduce anxiety, and provide a sense of accomplishment, which helps to boost mood and emotional well-being (Fissler et al., 2017).



**The creative activities** offered by Me, Myself & I are carefully designed to encourage self-expression, and provide a sense of joy and accomplishment for individuals living with dementia. These activities help foster social connections, improve cognitive and emotional well-being. The activities vary from painting to creating crafts with other individuals or with their caregivers. Hannemann (2016) conducted a study that suggested that creative activities help to reduce depression and isolation, by providing opportunities for self-expression and social interaction. Creative therapies also offer a non-verbal way for individuals with dementia to communicate, especially as verbal abilities decline, which would help to improve their quality of life (Hannemann, 2016).



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## Part B

This next section will be focusing on the impact of dementia on the individual and those who care for them. It will use empirical evidence when it comes to discussing the impact and will also critically consider each of the studies.

Dementia is a broad term that refers to several symptoms, not a specific disease, including confusion, memory loss and difficulty with speech, which creates challenges when performing daily tasks (Alzheimer's Society, 2022). There are several types of dementia, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, each defined by different underlying causes. The most common form is Alzheimer's disease, which accounts for an estimated 60–70% of all cases (World Health Organization, 2025).

Alzheimer's is a progressive and degenerative brain disease caused by a buildup of harmful proteins in the brain. These proteins damage and kill brain cells, leading to memory loss, confusion, and other cognitive difficulties (National Institute on Aging, 2023). Research suggests that one in three people in the UK will develop dementia at some point in their lifetime, with lifestyle factors, such as diet and exercise playing a significant role in influencing this risk (Dementia UK, 2025). Given that individuals with dementia experience significant cognitive decline, the condition would impact not only the person themselves but also those who care for them. As the condition progresses, individuals often become increasingly dependent on their caregivers for support with daily activities and decision-making (Alzheimer's Society, 2022).

In the early stages of dementia, individuals are faced with subtle cognitive changes such as not remembering recent events or difficulty following conversations (Alzheimer's Society, 2021). With these cognitive changes progressively getting worse, this would enable the individual to feel confused and possible anxiety for the future, as their condition may worsen, impacting their quality of life (Alzheimer's Society, 2022). Molvik et al. (2024) supported this, as their qualitative study explored the impact of dementia on individuals with cognitive impairment. The study included 15 participants, six individuals who had a formal diagnosis and nine individuals who were experiencing cognitive decline but did not have a formal diagnosis. The researchers conducted semi-structured interviews for the participants to freely express their thoughts and feelings of living with cognitive impairment (Molvik et al., 2024).

The findings from the study suggested that all participants experienced some form of cognitive change, such as memory problems, difficulty completing tasks they once found easy, or increased confusion. Individuals with dementia expressed a sense of losing themselves, as the language and memory skills they once relied on began to fade. This loss affected their sense of responsibility and identity, making them feel disconnected from who they once were. For those who received a formal diagnosis, mixed emotions were reported. While some felt relief in finally understanding their symptoms, which led to reduced confusion and shame, however, others described feeling anxious and fearful about the future and the possibility of losing their independence (Molvik et al., 2024).

A strength of this study would be that the researcher included both diagnosed and undiagnosed. This would provide a broader perspective of what it is like to live with dementia. Additionally, another strength would be that it is a qualitative approach, as it provides in-depth, personal insights into how individuals perceive their condition, whether diagnosed or not. However, the study only included 15 participants, which is a relatively small sample and limits the ability to generalize the findings. For future research, a larger and more diverse sample, including a wider age range, would help provide more reliable results and a broader understanding of individuals' experiences. In continuation, another limitation is that the participants' diagnosis status was self-reported, which may not have been accurate. Some individuals might have been diagnosed but forgotten or misunderstood their diagnosis, which could affect the reliability of the findings.

Goodarzi et al. (2024) found a strong link between loss of functional independence and the development of depression in older adults. Difficulties with tasks like showering, dressing, or cooking were found to contribute to emotional distress, including feelings of helplessness and frustration, which may trigger or worsen depression (Goodarzi et al., 2024).

Aye et al. (2023) further supported these findings through a longitudinal study examining how health-related quality of life changes over time as individuals move through different stages of cognitive decline. The study included 919 individuals with Subjective Cognitive Decline and 1,336 with Mild Cognitive Impairment. Over five years, participants completed both the Health Utility Index and the Visual Analogue Scale every 6–12 months to monitor changes in quality of life as their condition progressed (Aye et al., 2023).

The study found that as individuals moved through the stages of cognitive decline, their quality of life significantly decreased. Individuals with amyloid-positive status, linked to Alzheimer's disease, experienced a faster decline in quality of life compared to others. The study also highlighted that older age and female gender were associated with lower quality of life, with older women particularly reporting poorer outcomes. Furthermore, factors such as anxiety, depression, and loss of independence were found to negatively affect quality of life, consistent with the findings of this study (Aye et al., 2023).

A strength of this study is the longitudinal design, which allowed researchers to regularly follow up with participants over a five-year period. This approach was particularly effective for examining whether and how individuals' quality of life changed as they progressed through more severe stages of cognitive decline. Additionally, the study included a large and diverse sample of individuals at different stages of cognitive decline. This is beneficial to the research, as it allows for comparisons across varying levels of impairment and provides a broader understanding of how quality of life may differ depending on disease progression.

However, one limitation of the study is the 6–12-month interval between assessments. For future research, more frequent testing could be considered, particularly for individuals in the later stages of dementia, as they may experience more rapid changes in cognitive function and quality of life compared to those in earlier stages. Another limitation is that the study used self-reported questionnaires to measure quality of life. Individuals with more severe dementia may struggle to answer these questions accurately, which could affect how reliable the results are in the later stages.

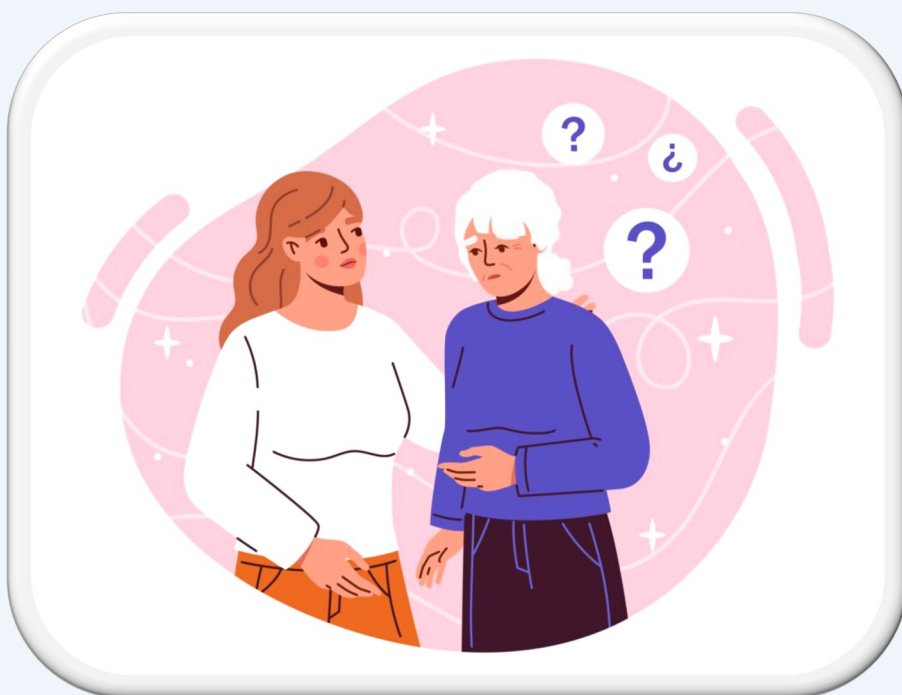
When individuals get to the point where they require assistance, they often receive care from family members, paid carers or health professionals (CDC, 2024). However, this is not an easy role to take on, as they are faced with stressful challenges daily, as dementia patients can be unpredictable. Research states that caregivers experience both emotional and physical impacts from caring for someone with cognitive decline. Brites et al. (2024) conducted a study that supported this. The study aimed to explore the impact on caregiving of informal carers for individuals with dementia. The sample included 162 participants, including 78 informal carers, who provide care but are not paid to do so, and 84 non informal carers, who are individuals not involved in the care. The participants were required to complete assessments regarding family functioning, burnout, neuropsychiatric symptoms and burden (Brites et al., 2024).

The findings from the study suggested that caregivers experience burnout, as well as physical and emotional exhaustion, when faced with the challenging behaviors and symptoms of dementia, such as confusion, aggression, and memory loss, which mentally drain the caregivers. Additionally, the study indicated that caregivers feel overwhelmed by the responsibilities of managing daily tasks and worrying about the individual's well-being. Lastly, the study highlighted that caregivers felt even more overwhelmed and stressed when they did not have family support, leading to feelings of isolation.

A strength of this study is that it explores how family support can influence a caregiver's experience, rather than focusing solely on the symptoms of the person with dementia. It also highlights how the feeling of being overwhelmed contributes to burnout, showing that it's not just the patient's symptoms but also the emotional and mental strain on the caregiver that leads to stress.

However, the study has a limitation in using a cross-sectional design, as it only collects data at one point in time, which means they cannot analyze changes over time. Future research could benefit from a longitudinal study, like the one conducted by Aye et al. (2023), which tracked changes over a five-year period. Including follow-ups in future studies would allow researchers to observe how caregiver responses evolve over time. Additionally, the study did not specify when the caregivers began their caregiving journey. If caregivers were at the very start of their caregiving role, they might feel more overwhelmed compared to someone who had been providing care for several months. Finally, the study could have benefited from involving health professionals in completing the assessments to provide a comparison between the caregivers' self-reports and professional evaluations, offering a broader perspective on the caregivers' experiences.

In conclusion, dementia is a progressive condition that impacts both those diagnosed and their caregivers. As individuals lose independence and experience increasing cognitive decline, their need for support increases, placing significant emotional and physical strain on caregivers. Studies by Molvik et al. (2024), Aye et al. (2023), and Brites et al. (2024) highlight the emotional drain, burnout, and reduced quality of life experienced by both groups. While these studies provide valuable insights, future research should incorporate more frequent assessments to track changes in both the patients' and caregivers' experiences, providing more reliable data.



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