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IS IT DEMENTIA?

What is Dementia?

Dementia is the loss of cognitive functioning. It is when an individual loses the ability to think, remember and reason and finds it difficult to carry out daily activities (The ICD-10, 1992).

Due to the physical and cognitive impairment caused by dementia, it is class as a hidden disability according to UK law (Alzheimer's Society, 2019).

Alzheimer's disease

Alzheimer's disease is the most common cause of dementia. It causes memory loss and difficulties with problem solving and thinking (Eric, B et al., (1992).

Vascular Dementia

The disease is caused by reduced blood supply to the brain causing problems with memory, thinking and reasoning (O'Brien, 2015).

Parkinson's Disease

A disease which is aggressive and can cause tremors, imprecise movement, and muscular rigidity. (Dauer, 2003)

Manage Your Symptoms

Self-Management is a person centred approach where individuals have ownership and are empowered to manage their condition. Care workers are available to support individuals, helping them live in the presence or absence of symptoms (Yersel, G 2021)

Take control of your symptoms with professional support to help create a care plan to meet your individual needs (Milar, 2017)

SYMPTOMS

Memory loss

Difficulty concentrating

Difficulty carrying out familiar daily activities

Communication problems

Poor orientation

Visual- perception difficulties

Mood swings

Decreased judgement

Loss of initiative

Misplacing things (NHS, 2019).

There are different types of dementia including:

Alzheimer's disease, Vascular dementia, Lewy body dementia, Frontotemporal dementia and mixed dementia (Mayo Clinic 2021).

ADVOCACY

Advocacy ensures patients have their voices heard, their wishes fulfilled and safeguard their rights. It is when an individual speaks on their behalf ensuring the patient's wishes are understood (CYMRU, 2020)

FOR MORE INFO CONTACT EMAIL

help@dementia.co.uk

TEL

0121 356 3261

Support Available

Anyone suffering from dementia should have a care plan. A care plan (created by a health and social care professional) should include: information and services that can support you and how you can access them, how you can continue living a normal life, health conditions that need monitoring, and names of health and care professionals who support you with your needs (NHS, 2021).

Needs assessment

If an individual needs personal care support (washing and dressing) they are entitled to an assessment to determine what support they need. Then a financial assessment (mean test) will be done to determine if the council will pay towards it (NHS Choice, 2021).

Personal Independent Allowance (PIP) PIP is financial support for anyone living with a disability. If an individual can not carry out daily activities independently they may be entitled to this benefit (Ellis et. al, 2015).

Care Homes

Sometimes when dementia becomes aggressive it is best to live in a care home as 24 hour care is essential. In late stage, patients may not be able to communicate and cannot physically do anything for themselves (Hoe, J et al, 2006).

TREATMENT

Unfortunately, there is no cure for dementia.

A medicine called Donepezil is used to control symptoms for Alzheimer's and Parkinson's disease. It helps reduce anxiety and improves memory (Agespace, 2021). Antipsychotic medicines are used to control aggression and distressed patients (NHS Choice, 2019).

Psychological Therapy

Music therapy

Reminiscence therapy

Cognitive reframing for caretakers

Validation therapy

Mental exercise

(NHS Choice, 2019)

Tips for Carers

- keep a routine
- write down notes
- plan activities
- be gentle and respectful (Parks, 2000).

Assistive Technology

There are a number of items that can help dementia patients such as electronic pill boxes, Smart home systems where you can turn up the heating or switch off lights. Apps have been created on smartphones to help with everyday life such as medication alarms.

Technology can help people with dementia with everyday tasks, improving the safety of and monitoring of ones own health. It can help with memory problems, problems with planning and completing tasks step by step, communicating, keeping safe, socializing and maintaining independence (Alzheimer's Society, 2022).

Recommendations

Chose the right care

Seek medical advice

Do not be afraid to reach out (Cheng, S, 2017).

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Disengagement theory is when older people decrease their social interaction and activity levels. They withdraw themselves from the community gradually. Older people have a less social life due to: geographical mobility, ill health, and retirement. It is natural for them to become disengaged and it allows the social system to stay stable (Markson, E, 1972)

Difference between aging and dementia

Dementia: Not being able to complete tasks, trouble naming items and family members, repeating questions, and getting lost. (Alzheimer's Society, 2022). However, aging does not cause the loss of routine memory, skills and knowledge (Livingston et al, 2020).

The Mental Health Act- Section 2

This Act allows patients to be detained in hospital if they refuse treatment. They are mentally unable to care for themselves especially if they are harmful to themselves and others.
Health professionals can carry out risk assessments and detain patients if they are seriously neglecting themselves (Alzheimer's Society 2020).

Care Act 2014 expresses that it is the duty of all professional to ensure that dementia patients are protected from abuse and neglect and action should be taken if they are (Care Act 2014)

The Equality Act 2010 explains that people living with dementia have the right to be free from discrimination. This includes age, gender, religion and race (The Equality Act 2010).

DSM-5 manual is used by professional to diagnose and assess patients (DSM-5 2013).

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