

DEMENTIA CASE STUDY

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Introduction to the case study at Rosewood Community Centre of Dementia

- ❖ Dementia is a progressive neurological condition that affects memory , cognition, behaviors and the ability to perform everyday activities .
- ❖ The most common cause is Alzheimer disease, although other forms include vascular and Lewy dementia.
- ❖ In the UK, dementia is one of the leading causes of death and a major public health priority.
- ❖ 900,000 people are currently living with dementia in the UK.,(Alzheimers Society, 2026) with numbers expected to rise.
- ❖ The UK government has responded through policies such as the Care Act 2014 and the UK National Dementia Strategy, which emphasis early diagnosis, person – Centre Care and support carers.



- NHS (2023)
- Alzheimer's Society (2024)
- Office for Health Improvement and Disparities (2025–2026)
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Rosewood community Centre Case Study

- Rosewood community Centre has identified a local need to support elderly residents living at home with dementia and their families. Our presentation will examine the policies underpinning dementia care in the UK, we are exploring the risk factors influencing its development, consider the impact on individuals and carers and propose a community -based initiative to enhance wellbeing and inclusion.

Approaches to Measure Incidence of Dementia in a Local Community

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1. Health Record & Surveillance Systems

- a. Use hospital and GP records
- b. Identify new dementia diagnosis

2. Population Surveys & Screening

- a. Cognitive screening programs in the community
- b. Surveys of older adults to detect possible new cases

3. Collaboration with Health and Social Care Services

- a. Data from care homes, social workers
- b. Identifies cases outside hospital

4. Data Analysis & Public Health Monitoring

- a. Calculate incidence rates
- b. Plan prevention strategies and services

5. Data Analysis & Public Health Monitoring

- a. Calculate incidence rates, identify high-risk groups
- b. Plan prevention strategies and services



Factors Influencing Dementia and Its Impact

Factors influencing dementia

- ***Age and genetics**
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- ***Lifestyle factors** (unbalanced diet, physical inactivity, smoking)
- ***Social Factors** (social isolation and limited healthcare access)

(World Health Organization, 2023)

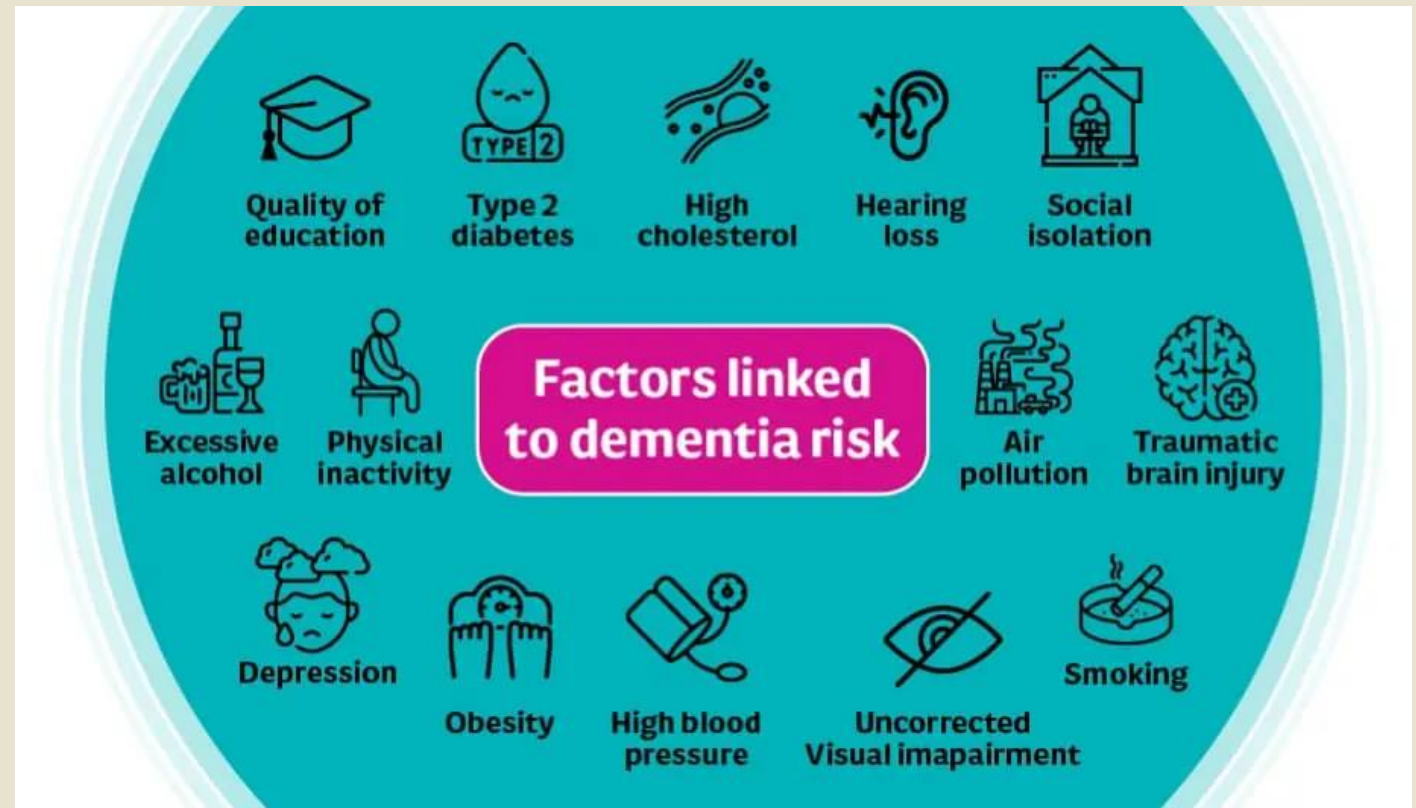
Impact on individuals

- *Memory loss and confusion
- *Difficulty completing daily task
- *Loss of independence

Impacts on Families

- *Emotional stress
- *Increased caregiving responsibilities

(Alzheimer's Disease International, 2023)



Community Initiative and Policy Support

Policy / Strategy

National dementia strategies aim to:

- Improve **early diagnosis**
- Increase **community awareness**
- Provide **support for people with dementia and carers**
(World Health Organization, 2023)

Proposed Initiative at Rosewood Community Centre

- Weekly dementia support group
- Education sessions for families and carers
- Collaboration with healthcare professionals

Benefits

- Reduces isolation for elderly residents
- Provides information and emotional support for carers
- Improves quality of life for people living with dementia
(Alzheimer's Disease International, 2023)

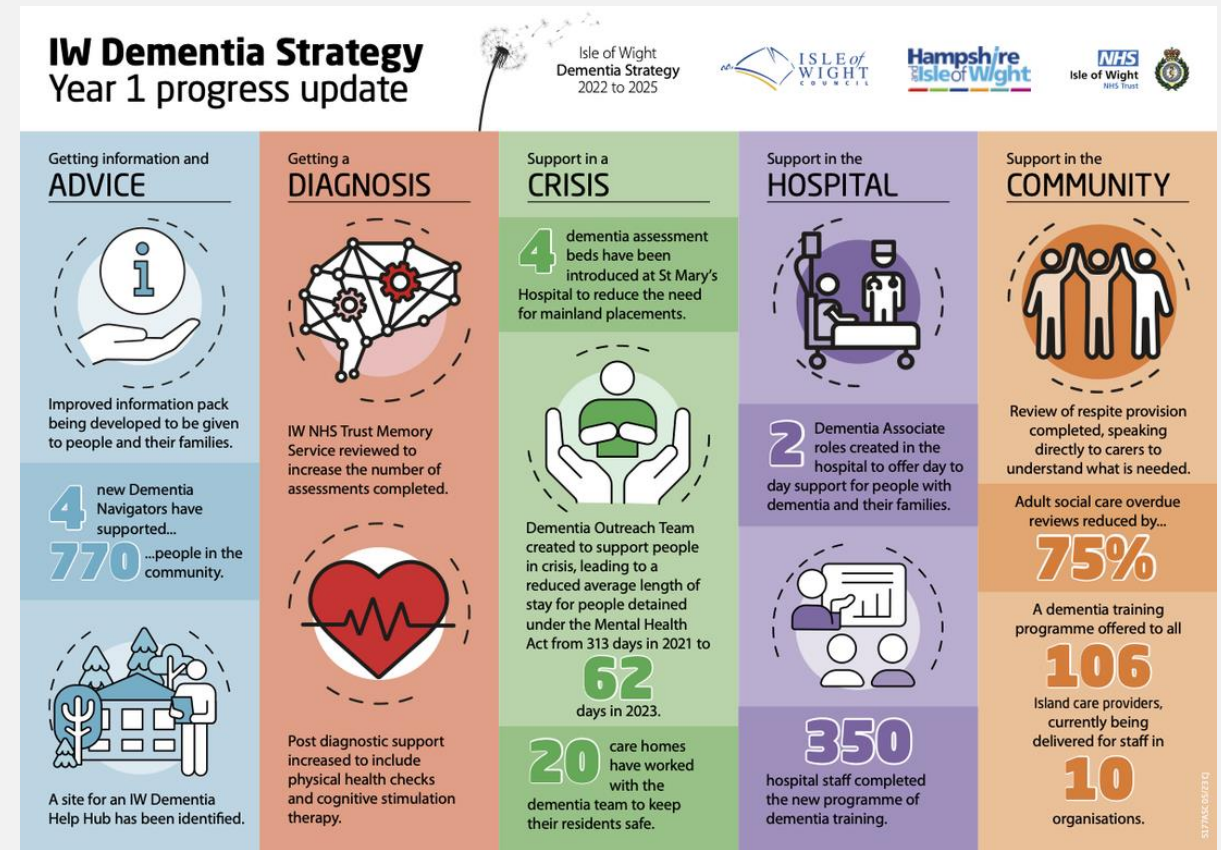
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Strategies to Monitor Dementia incidence in the Community

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1. Community and Health Surveillance

- *Local health authorities monitor dementia cases through health records. GP reports and hospital records.
- * This helps track incidence rates and identify trends in the community
- * This information helps Rosewood Community Centre plan support groups and services.

2. Screening and Early Detection

- *Community screening programs help identify dementia symptoms early.
- *Early detection allows earlier support

3. Collaboration with Health Professionals

- *GP's, nurses, public health teams
- *Professional share data and observations to understand local needs.

Monitoring dementia helps identify **how many residents living at home need support**, which helps Rosewood Community Center plan services and support groups

(WHO), 2023; Livingstone et al., 2020; NHS, 2023)

Strategies and Factors Affecting Dementia

***NHS Long Term Plan** aims to improve **early diagnosis and community-based dementia care**.

***Dementia Friendly Communities initiatives** support people living with dementia in local areas.

Factors influencing dementia incidence and wellbeing

***Ageing population**- risk increases with age

***Social Isolation**-common among older adults living at home.

***Lifestyle factors**-smoking, physical activity, poor diet

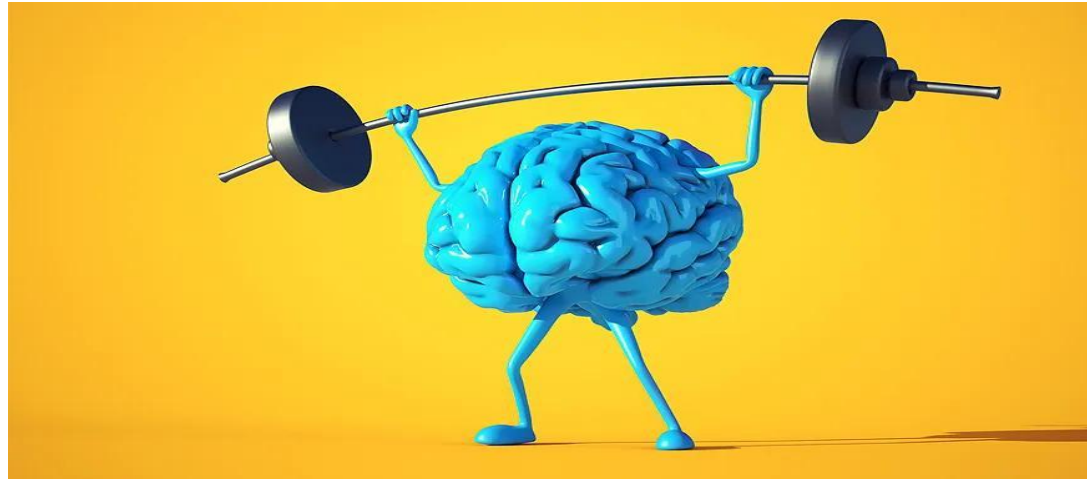
***Access to health services**- early diagnosis and support improve quality life.

(WHO, 2023)



PUBLIC HEALTH POLICIES INTERVENTIONS

- CREATING DEMENTIA FRIENDLY ENVIROMENTS
- *ENVIROMENTAL POLLUTION REDUCTION:*
- COMMUNITY HEALTH SCREENINGS:
- TOBBACCO AND ALCOHOL CONTROL
- EDUCATIONAL ACCESS



COMMUNITY-BASED INTERVENTIONS

- *SOCIAL EGAGEMENT PROGRAMMES*
- *PHYSICAL ACTIVITIES*
- *BRAIN HEALTH NUTRITION PROGRAMMES*
- *HEARING AND VISION SERVICES*
- *MENTAL STIMULATING ACTIVITIES*

To be able to control the incidence of dementia in the community will include a combination of public health policies, community-based interventions and individual lifestyle changes. According to the Alzheimer's society(3rd July 2020) research suggest that up to 40-45% of cases could have been delayed or prevented by targeting and changing risk factors through daily life

INDIVIDUAL LIFESTYLE CHANGES

- *WHATS GOOD FOR THE HEART IS GOOD FROM THE BRAIN*
- *MANAGING BLOOD PRESSURE*
- *CONTROL DIEBETES AND OBESITY*
- *QUIT SMOKING*
- *MANAGING MENTAL HEALTH*
- *PROTECTING AGAINST HEAD INJURIES*
- *ENCOURAGING AND IMPROVING SLEEP QUALITY*



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Factors Influencing Health and Wellbeing in Dementia



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Lifestyle Factors

Smoking, alcohol, poor diet, and inactivity increase the risk of Dementia. Healthy habits help in slowing the decline (Dementia UK, 2025).



Medical Conditions

Diabetes, hypertension, and heart diseases are responsible for damaging brain vessels (Dementia UK, 2025). Regular care is extremely important.



Social and Psychological

Psychological conditions such as isolation and depression worsen the symptoms of Dementia while getting support from society especially family and friends improve quality of life (Cox, 2012).

Additional Factors Affecting Individuals with Dementia

Education and Socioeconomic Status

Lower education level is also linked to higher risk.

When there are delays in accessing healthcare.

Struggling financially especially after starting the treatment (Cox, 2012).

Environmental and Physical Factors

Head injuries has high risk (Alzheimer's Association, 2025)

Air pollution can badly affect brain health (Dementia UK, 2025)

When the environment is safe it reduces risk

Alzheimer's Disease



Conclusion

Dementia is a growing health concern that can affect people and the whole communities.

It should be measured and monitored regularly as it will help the health authorities in understanding how widespread the condition is.

Thirdly, there should be effective control strategies, such as early diagnosis, public awareness, and community support in order to manage disease timely.

Additionally, we discussed multiple factors that can influence the health and wellbeing of people with dementia such as lifestyle, medical conditions, social support, and access to healthcare.

Therefore, a combined effort from healthcare professionals, families, and communities is very important to support individuals living with dementia.

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