

BSc Health and Social Care  
Living with Care: The Older Person

BMHP6009\_BIRM

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# DEMENTIA

Dementia is a decrease in cognitive function that deteriorates to a point that impacts a person day to day life.  
(National Institute on Aging, 2021).



## Are you...

Between 65 and 69?



## Did you know...

Over the age of 65, the risk of Alzheimer's and Dementia doubles every 5 years. (DementiaUK, 2022).



## Did you also know...

Those of Black African, Black Caribbean and Irish descent are particularly at risk of developing Dementia. (NIHR, 2020).

## Top 5 Types of Dementia

### Alzheimer's disease\*.

Vascular dementia.  
Lewy body dementia.  
Frontotemporal dementia.  
Mixed dementia.

**\*Most common type**

(Mayo Clinic, 2022).



ICD-10 Version:2010  
F00\* - F05.9

(ICD-10 Version:2010, 2010).

## Risk Factors

- High alcohol consumption
- Low levels of cognitive engagement
- Depression
- Social isolation
- High blood pressure
- Smoking
- Diabetes

- Obesity
- Lack of physical activity
- Poor diet

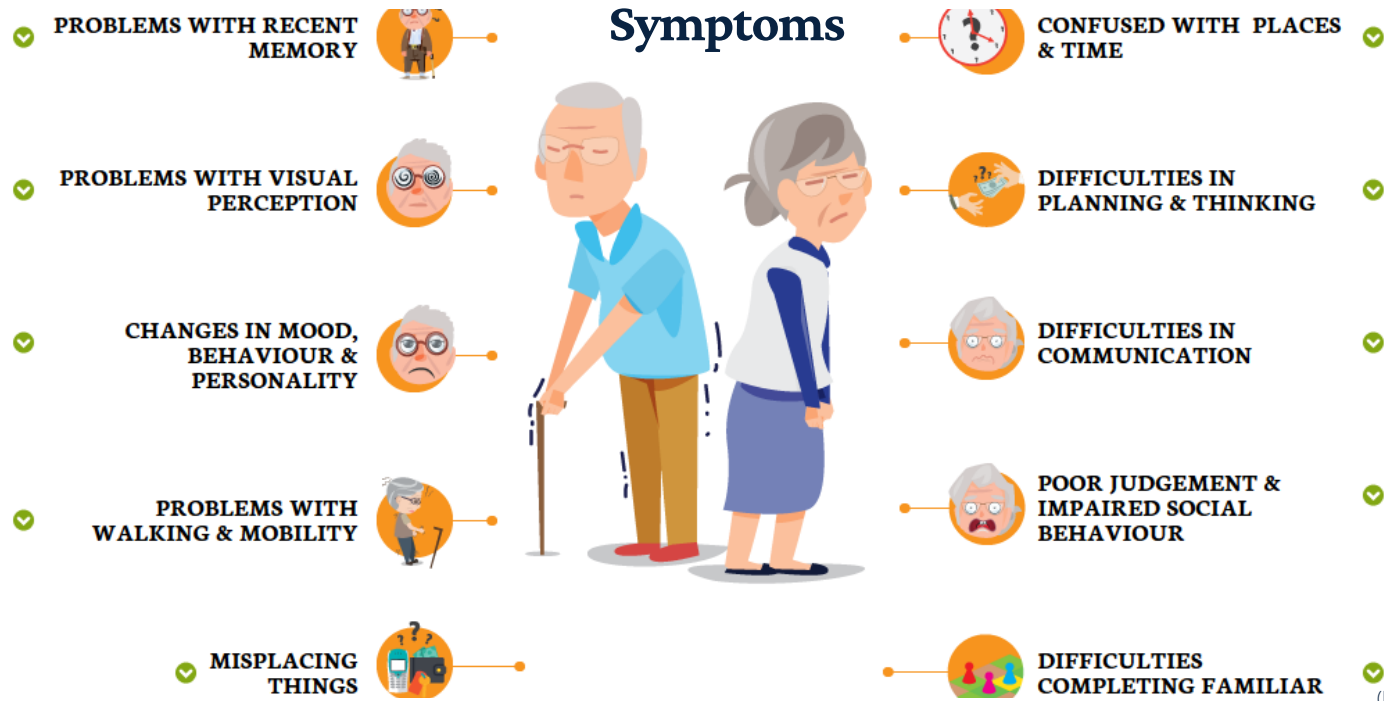


## Uncontrollable Risk Factors

- Age
- Sex
- Genetics
- Race

(Alzheimer Society, 2022)

## 10 Signs and Symptoms



(Health Hub, 2022).

## The Global Deterioration Scale's 7 stages of Alzheimer's and Dementia progression.



Stage 1 - **No Cognitive Decline** - Normal function with no memory loss.

Stage 2 - **Very Mild Cognitive Decline** - Forgets names and misplaces items.

Symptoms are not severe enough to be detected by family or doctors.

Stage 3 - **Mild Cognitive Decline** - Forgetfulness increases with work performances becoming affected due to difficulties concentrating. Family and friends begin to notice a change. **Usually lasts between 2 and 7 years.**

Stage 4 - **Moderate Cognitive Decline** - Tasks, independent travel, concentration and socialising become problematic with cognitive issues becoming to be identified by doctors. **Usually lasts approx. 2 years.**

**Stage 5 - Moderately Severe Cognitive Decline - Major loss in memory functions such as remembering the current date, time, location and contact details. Tasks such as dressing and bathing cannot be completed without assistance. Usually lasts approx. 1.5 years.**

**Stage 6 - Severe Cognitive Decline (Middle Dementia) - Past and present events along with names of family members are completely forgotten with severe emotional and personality changes felt by all. Speech and bladder control are negatively affected with general tasks having to be completed with assistance. Usually lasts approx. 2.5 years.**

**Stage 7 - Very Severe Cognitive Decline (Late Dementia) - Cannot communicate or walk. Complete loss of motor skills with the assistance needed for nearly all activities. Usually lasts approx. 1.5 to 2.5 years.**

(Dementia Care Central, 2020).

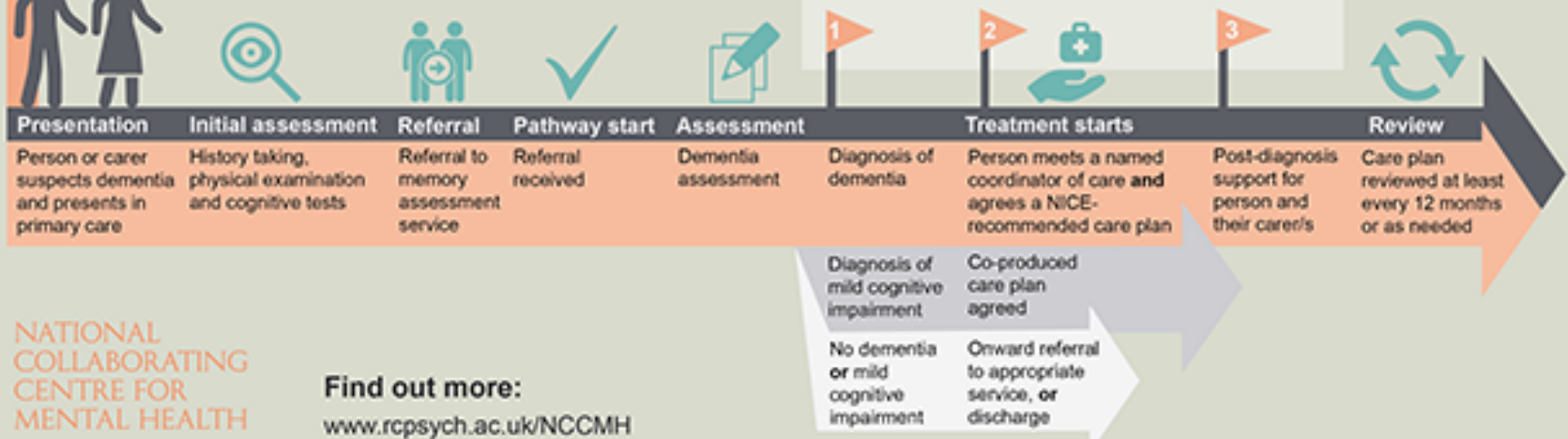
### The Dementia Care Pathway

The NCCMH has developed new guidance for commissioners and providers of services for people with dementia

### Benchmarks

Increased number of people diagnosed and starting treatment within **6 weeks** of referral

Improved quality of post-diagnostic treatment and support



NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

Find out more:  
www.rcpsych.ac.uk/NCCMH

(Chan, 2018).

## Dementia Types Explained

### Alzheimer's Disease.

- Caused by abnormal Amyloid and Tau (2 Proteins) build-ups.
- Amyloid deposits called Plaques build up around the brain with tangles formed from the deposits left by Tau
- Brains affected by Alzheimer's lack chemical messengers (Neurotransmitters), specifically Acetylcholine.
- Drugs such as Donepezil help to improve symptoms but there is currently no cure.

### Vascular Dementia.

- Caused by a reduction in blood to the brain, damaging and killing cells.
- Often caused by small vessels in the brain being blocked or narrower than usual, a stroke or a series of mini-strokes.
- **Not all stroke sufferers will develop Dementia.**

### Lewy Body Dementia

- Caused by abnormal clumps of the protein Alpha-synuclein that develop in the brain.
- Clumps damage cells communication abilities resulting in cell death.
- Lewy body and Parkinson's disease are closely related sharing the same symptoms.



### Frontotemporal Dementia.

- Diagnosed in younger people aged between 45 & 65.
- Caused by abnormal protein clumping in the frontal & temporal lobes of the brain.
- Clumps damage the nerve cells in the lobes resulting in cell death and eventually shrinking of the brain.
- Most likely cause to be hereditary.

### Mixed Dementia.

- Combination of Vascular Dementia and Alzheimer's disease.
- Problematic in diagnosing which complaint is responsible for a person's complaints.

(NHS, 2021)

## Support Organisations



(2) DAA Dementia Action Alliance



(4)



(5)



(7)



(3)



(6)



Please Contact Your GP For An Assessment If You Feel Any of The Symptoms Apply To You Or Someone You Know. The Above Organisations Offer Help And Support For Those Affected By Dementia.

### Drugs:-

Aducanumab Aduhelm - **Helps slow disease progression**  
Donepezil Aricept  
Galantamine Razadyne  
Rivastigmine Exelon - **Treats cognitive symptoms**  
Memantine Namenda  
Memantine + Donepezil Namzaric  
Suvorexant Belsomra - **Treats non-cognitive symptoms**



(Alzheimer's Association, 2022).

### Holistic:-

Aromatherapy, massage, cannabis oil, coconut oil, Transcutaneous electrical nerve stimulation (TENS) and light therapy are all types of alternative medicine to help treat symptoms and slow progression. **Currently, there is no evidence to support the use of these other than for an improved sense of wellbeing.**

(Alzheimer's Society, 2022).

## Managing Dementia - Person-Centred Care



(NHS, 2021) and (White, Segal and Smith, 2021)..

## Policy & Legislation Governing Dementia Care UK

- The NHS Long Term Plan
- NHS Mental Health Implementation Plan 2019/20 – 2023/24
- Human Rights Act 1998 (HRA)
- Mental Capacity Act 2005 (MCA)
- UN Convention on the Rights of Persons with Disabilities, 2006 (CRPD)
- Equality Act 2010 Care Act 2014 (Mental Health Foundation, 2015)

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