The term dementia is used to describe a set of symptoms which affect how the brain functions. Dementia is a progressive disease and symptoms commonly get worse over time. Dementia is not a common part of the aging process and no two people will ever suffer dementia in the same way. Day to day tasks may become difficult, there may be problems with communication or a person’s mood and personality might change. Currently over 820,000 people in the UK have dementia with over 8,000 of those being in Gloucestershire. Dementia can also affect younger people. There is an estimated 15,000 people in the UK with dementia under the age of 65. The number of people with Dementia is expected to rise by 40% (44% in Gloucestershire) over the next 15 years.
What are the symptoms?

There are many symptoms associated with the early stages of dementia. Because forgetfulness can be normal part of the aging process dementia isn’t always diagnosed as early as it should be. If you are showing three or more of these symptoms it is recommend you visit your doctor to discuss your concerns:

- Poor Concentration or finding hard to follow conversations or programmes on TV
- Memory Loss, for example names of people and place or events that have taken place
- Extreme tiredness
- Asking the same questions repeatedly
- Mood swings or aggressive behaviour that are out of character
- Confusion about the time of day
- Losing things or putting things in inappropriate places.
- Getting lost in previously familiar places.
- Difficulties understanding the right words
- Decline in the ability to read or write
What can i do to prevent dementia?

Anyone can get dementia – it is not restricted to sex, age, gender, ethnicity or background. However, some groups are statistically more likely to develop it. For example, women are more than twice as likely to develop Alzheimer’s disease than men. People with learning disabilities may also carry a genetic risk of developing it. Whether you are genetically at risk of developing dementia or not, there are steps you can take to delay or possibly prevent the onset of the disease:

- **Keep Active** – you don’t have to go to the gym, there are many different types of exercises and activities such as walking, swimming, tennis, golf, bowling and even gardening or cleaning the house. It all adds up to increasing your levels of fitness.

- **Eat Well** - a balanced diet is essential. Eating 5 portions of fruit and vegetables everyday is vital as the nutrients they contain help fight the disease.

- **Quit Smoking** – it’s harmful effect on the vascular system increases the risk of developing vascular dementia

- **Keep your Brain Active** – Crosswords, puzzles, reading, quizzes all contribute to stimulating our brain.

- **Check your Blood Pressure and Cholesterol Level** – visit your doctor regularly.

- **Socialise with Friends** – helps maintain physical and mental wellbeing as well as keeping active and happy.
If you suspect that you or someone you care about is showing symptoms of dementia, you should contact your doctor as soon as possible. Early diagnosis can make all the difference, prompt use of medication may help delay symptoms as well as improve those that already exist. Tests to help diagnose dementia can include:

- Memory tests.
- Questions relating to language and mathematical skills.
- A computerised tomography (CT) scan or a magnetic resonance imaging (MRI) scan.
- A referral to a memory clinic for specialist diagnosis.

NHS diagnosis information:
http://www.nhs.uk/Conditions/dementia-guide/Pages/dementia-diagnosis.aspx

2gether trust – managing memory:
http://www.2gether.nhs.uk/managing-memory-2gether

Gloucestershire CCG:
http://www.gloucestershireccg.nhs.uk/your-services/living-with-a-long-term-condition/

After diagnosis it is important to think ahead.
Staying at Home:

Being in your own home can be very important, with some help and adjustments you may be able to continue living there for as long as possible. But you will need to consider does your home still meet your needs? Is your home too big or expensive to run? Would you prefer living with or closer to your family?

Assistive technology can play a big part in maintaining your independence and keeping you safe, it can also mean remaining in your home for longer. Help can include:

- Memory aids such as reminders messages, clocks, medication aids and locater devices.
- Devices for making walking safer – such as tracking devices.
- Sensors around the home to enable friends and carers to monitor your movements more easily.


Adaptations to your home you may wish to consider are ramps, grab rails and level access showers. Dementia can mean an increase in accidents around the home. Therefore it is important to make any necessary adaptations:

- Avoid trips and falls – fix any holes/tears in carpets or rugs. De-clutter your home so there is less to trip over or in the way.
- Install hand rails on stairs, outdoor steps and next to the bath.
- Adapt your kitchen so that sharp or dangerous objects are less easy to reach.
- Ensure the house is well lit.
- Install gas and smoke detectors around the home.
Gloucestershire County Council can help you and advise you on any adaptations to your home needed – please see the supporting people team for more information:
http://www.gloucestershire.gov.uk/article/104992/Supporting-people
Mears – safe at home:
http://www.gloucestershire.gov.uk/CHttpHandler.ashx?id=57428&p=0

GCC care at home:
http://www.gloucestershire.gov.uk/article/105963/Care-at-home

Paying for care:
http://www.gloucestershire.gov.uk/CHttpHandler.ashx?id=57559&p=0

Shared Lives:
http://www.gloucestershire.gov.uk/CHttpHandler.ashx?id=33835&p=0

Positive Caring:
http://www.gloucestershire.gov.uk/article/106051/Positive-Caring-Programme

This is me:
P:\Dementia\This is Me form.pdf

A copy of the living well handbook can be found on our webpage
www.gloucestershire.gov.uk/extra/dementiatraining
Nutrition:

It is important to eat healthily and get some exercise. If you do not eat enough or eat unhealthy food, you can become susceptible to other illnesses. People with dementia can become more confused if they get ill. Common problems for people with dementia include:

- not recognizing foods
- forgetting what food they like
- refusing or spitting out food
- resisting being fed
- asking for strange food combinations

This behavior is usually due to confusion, or irritation in the mouth caused by dental problems, rather than wanting to be awkward.

E-learning on nutrition is available from [www.kwango.com](http://www.kwango.com) and usernames and passwords can be found at [http://www.gloucestershire.gov.uk/extra/108183](http://www.gloucestershire.gov.uk/extra/108183)

Meals on Wheels:
Care Assessments:

As dementia progresses you may need help and support from care services. Gloucestershire County Council can carry out an assessment of your needs and identify what services are available to meet those needs. For more information please contact the Adult Helpdesk on 01452 426868 or apply here: https://gloucestershire.firmstep.com/default.aspx/RenderForm/?F.Name=PoZsUqRGW9g&HideToolbar=1

Home care (domiciliary care) agencies: http://www.yourcircle.org.uk/kb5/gloucs/yourcircle/category.page?category=1-a&sortfield=facet_category__rating__1-a

If you are considering a Care Home, remember it should be able to maintain and improve your quality of life. Many care homes offer specialist environments with experienced nursing staff trained to offer quality person centred care. You may benefit from a range of group activities such as music, art and other creative therapies and also reminiscence activities. Finding Residential Care: http://www.gloucestershire.gov.uk/carehomes

Care quality commission (CQC): http://www.cqc.org.uk/search/all?f%5B0%5D=im_taxonomy_vid_34%3A9461&location=Gloucestershire%2C%20United%20Kingdom

QA Team: www.gloucestershire.gov.uk/extra/article/115011/Quality-Assurance-Team
ACTIVITIES AND SUPPORT

The Alzheimer’s society Gloucestershire runs various activities ranging from Art Classes, Tea dances and memory cafes. This offers a chance to meet and socialise with others. Day centres are also a good way of keeping active and meeting new people.


Age UK Gloucestershire:
http://www.ageuk.org.uk/gloucestershire/events/

Day Care Centres:
http://www.yourcircle.org.uk/kb5/gloucs/yourcircle/results.page?qt=day+centres+elderly&loc=&category=

Wye Valley – Forest of Dean
AONB – Mindscape:
http://www.wyevalleyaonb.org.uk/index.php/mindSCAPE/

PLANNING YOUR FUTURE

Advanced care planning can help you and others understand what is important to you. You can download a copy of the planning for you future document here:
http://www.endoflifecare.nhs.uk/publications/nhs-gloucestershire-planning-for-your-future-care
**Money Matters:**
Making a will – the earlier on you make your will, the more confident you can be that it will reflect your wishes. It is also a good idea to make a ‘living will’. This sets out your wishes in the event of you not being able to make your own decisions later. It can include instructions about nursing home care and the types of treatment.

**Lasting Power of Attorney:**
A lasting power of attorney is a legal document available to help you plan ahead for a time when you may not be mentally able to make decisions about your finances and welfare. It allows you to appoint someone you know and trust to make decisions on your behalf. There are two types of lasting powers of attorney – Property and Affairs (this is about your finance, the selling of property and paying of bills) and Personal Welfare (making decisions about where you live and the kind of medical treatment/care you receive).

If you want to find out more, please follow this link: [https://www.gov.uk/power-of-attorney](https://www.gov.uk/power-of-attorney)
There is e-learning available from www.kwango.com on Dementia, Safeguarding and Mental Capacity, More information and log in details can be found at: http://www.gloucestershire.gov.uk/extra/108183

Our **Dementia Two Day Training** programme is open to all Health, Social Care and Voluntary sector leaders, managers and staff who work with people with dementia or those who are caring for family or friends across the county of Gloucestershire.

Day one covers an introduction to and the causes of dementia, Moving on to discuss the brain and how different diseases can cause changes in memory, thought processes and carrying out daily activity for people living with dementia. An explanation of the relationship between delirium, depression and dementia is also considered. The course concludes with introducing the learner to some techniques to use in care.

The second day explores in depth all aspects of emotional distress in relation to dementia and focuses on person centred care.

**Area Contacts:**
**Mary Keating** - Trainer for Cheltenham, Tewkesbury & North Cotswolds: mary.keating@glos.nhs.uk
**Sue Keane** - Trainer for Gloucester & the Forest of Dean: sue.keane@glos.nhs.uk
**Robin Willmott** - Trainer for Stroud and South Cotswolds: robin.willmott@glos.nhs.uk

For booking forms please contact John Mayell – dementia training admin 01452 426575 or at the address found on the back page of this leaflet.
As dementia develops it can make you more vulnerable. Abuse can is rare but it can come in many shapes and forms. If you think you or another person is being abused you must take action.

Gloucestershire Safeguarding Adults:  
http://www.gloucestershire.gov.uk/safeguardingadults/index.cfm?articleid=105501

Safeguarding audio leaflet resource:  

Gloucestershire County Council Care Home Complaints Team:  

If you think a crime has been committed ring the police on 101.
USEFUL CONTACTS

Gloucestershire NHS Managing Memory 2gether
0800 694 8800
www.2gether.nhs.uk/managing-memory-2gether

Alzheimer’s Society
01452 525222
www.alzheimers.org.uk

Dementia Web Gloucestershire
0845 120 4048
www.dementiawebgloucestershire.org.uk
info@dementiawebgloucestershire.org.uk

NHS England
http://www.nhs.uk/Conditions/dementia-guide/Pages/dementia-diagnosis.aspx

Age UK Gloucestershire
01452 422660
enquiries@ageukgloucestershire.org.uk

Safeguarding Adults
01452 426868
http://www.gloucestershire.gov.uk/gsab/article/109960/Home-Page

Carers Gloucestershire
01452 386283
www.carersgloucestershire.org.uk

Positive Caring Programme
01452 500885
www.gloucestershire.gov.uk/carers

Gloucester Care Services
http://www.glos-care.nhs.uk/

Mental Capacity
http://www.gloucestershire.gov.uk/mca
Guide and PALS
www.guide-pals.glos.nhs.uk

Admiral Dementia Nurses
0845 257 9406 or email direct@dementiauk.org

Barnwood Trust – You’re Welcome
http://www.yourewelcome.to/

Gloucestershire Dementia Training Pathway
www.gloucestershire.gov.uk/extra/dementatraining
dementiatraining@gloucestershire.gov.uk

Dementia Training and Education Strategy
Room 132, Quality Assurance Team, Adult Services
Gloucestershire County Council
Shire Hall, Westgate Street
Gloucester GL1 2TR
Tel: 01452 426575
john.mayell@gloucestershire.gov.uk