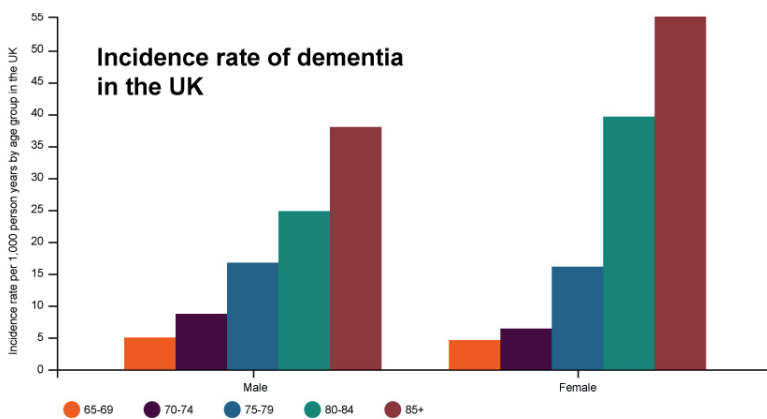




## UK statistics

- 225,000 will develop dementia this year, that's one person every three minutes
- 1 in 6 people over the age of 80 have dementia
- 70 per cent of people in care homes have dementia or severe memory problems
- There are over 40,000 people under 65 with dementia in the UK
- More than 25,000 people from black, Asian and minority ethnic groups in the UK are affected



## Brain function

- The brain consists of billions of cells called neurons
- Cells send signals to each other via the synapses at a rate of 126mil per second
- At the synapses neurotransmitters help the messages to be passed correctly
- These messages are what control our voluntarily and involuntarily movements
- These cells start dying from around 20 years of age

## What is dementia?

Dementia is the broad name given to a group of diseases that affect the functions of the brain.

- Alzheimer's Disease
- Vascular Dementia
- Lewy Bodies
- Frontotemporal Dementia
- Mixed Dementia

## Dispelling myths

- Dementia is not an inevitable part of the ageing process
- Dementia is not restricted to older people
- Dementia is one of the major causes of death in developed countries
- There are over 100 different types of dementia

## Dementia facts

- Dementia is progressive and irreversible with an increase in the decline of brain functions
- Medication is used to help with individual symptoms
- At present there is no cure
- People will often develop more than one type of dementia



## Alzheimer's Disease

### About

- Degenerative brain disease
- Neurones in the outer layers die first through the centre of the brain
- Affects memory and functional skills
- Affects mood, personality, disorientation in time and space
- Is the most common type of diagnosed dementia in the UK
- Has been diagnosed in a girl as young as 13 years old
- First observed in 1907 in a 51 year old German women
- Definitive diagnosis is only confirmed at post mortem

### Signs & Symptoms

#### Early

- Less able to adapt to life changes
- Loss in concentration
- Depression
- Problems make decisions
- Responsibility avoidance
- Forgetful
- Confused
- Moody
- Upset at own incompetence

#### Mid

- Forgetful
- Confused about time
- Unable to recognise familiar surroundings
- Repeating
- Comprehension
- Difficulty with tasks
- Severe depression
- Disorientation
- Accuse people
- Hallucinations
- Aggression

#### Late

- Limited remembering
- Recognition of people
- Understanding reality
- Re-live events and past jobs
- Unable to carry out personal care
- Incontinence
- Difficulty expressing
- Restlessness
- Confinement

## Vascular Dementia

### About

- Blood supply is blocked by a clog or disease
- Most common type is multi infarct dementia caused by mini-strokes
- These strokes often go unnoticed
- Different effects occur depending on the location of the strokes
- Vascular dementia onset is either gradual or dramatic
- Regardless of rate the progression is similar each time
- Due to periods of stability sufferer is more aware of the progression

### Diagnosis

The process is detailed and in-depth taking into account history, physicals, neurological examinations, blood test and scans.

The idea of the test is to eliminate other potential conditions with similar symptoms.

### Following a diagnosis

- Simple day to day tasks must be maintained for as long as possible
- New opportunities to fulfil gaps in life must be found
- Failures can lead to frustrations and frustration leads to aggression

### VERA Framework

Based on four key concepts which describes a stage-by-stage communication process of compassionate and caring responses to individuals with dementia.

Validation

Emotion

Reassurance

Activity



### Signs & Symptoms

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Forgetfulness</li><li>• Difficulty following instructions</li><li>• Language problems</li><li>• Abnormal behaviour</li><li>• Dizziness and fainting</li><li>• Limb weakness</li></ul> | <ul style="list-style-type: none"><li>• Shuffling feet</li><li>• Getting lost</li><li>• Inappropriate laughing or crying</li><li>• Slurred speech</li><li>• Lack of concentration</li><li>• Incontinence</li></ul> |
|---|--|

## Fronto-temporal dementia

### About

- Rare form of dementia which effects a slow deterioration of social skills
- This can result in selfish child like behaviours
- The cause is unknown; with 50% of cases having a family history of fronto-temporal dementia

### Signs & Symptoms

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Loss of memory</li><li>• Sexualised behaviour</li><li>• Lack of spontaneity</li><li>• Easily distracted</li><li>• Difficulty thinking</li></ul> | <ul style="list-style-type: none"><li>• Low moral judgement</li><li>• Emotional dullness</li><li>• Selfishness</li><li>• Aggression</li><li>• Extremely progressive</li></ul> |
|---|---|

## Lewy body dementia

### About

- Lewy body is a spherical protein that appears within the brain and brain cells
- The protein effects the functions of the neurones and the neurotransmitters
- It has a similar decline to Alzheimer's

### Signs & Symptoms

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Fluctuating abilities: hours, days, weeks or months</li><li>• Fainting &amp; falling</li></ul> | <ul style="list-style-type: none"><li>• Hallucinations</li><li>• Disjointed sleep patterns</li><li>• Parkinson's like motor symptoms</li></ul> |
|--|--|

### Communication

As a person's dementia progresses there are a variety of issues that could affect an individual and communication can become increasingly difficult.

Understanding the different associated problems will help you deliver a person centred approach.

### Personal history

Understanding a persons life and past history will enable you as staff to support them in their present.

This can be obtained through positive interaction with the individual and their families.

This will include communication in a manner they can understand.

Having photos, documents, certificates, uniforms, objects and other items that hold memories for an individual will help this.

This often relates to a persons work or career. Many individuals will regress to their working stage of life.