

The text "Dementia Support" in a purple sans-serif font, positioned on the left side of the image. A solid pink vertical bar is located to the left of the text.

What is dementia?

Dementia is a term describing a group of symptoms associated with an on-going decline of the brain and its abilities. It's common for someone with dementia to experience memory loss, as well as difficulty with language, planning and judgment, simple calculations and motor skills (muscular movement). As the condition progresses, these symptoms often make even the most familiar daily tasks such as washing, dressing and cooking hard to do without help. Eventually, round the clock care is needed.

There are different types of dementia, the most common being:

- Alzheimer's
- Vascular Dementia
- Dementia with Lewy Bodies
- Frontal-temporal Dementia
- Korsakoff's Syndrome

Some people are diagnosed with mixed dementia; this is when the person shows symptoms of more than one type of dementia.

For detailed information or guidance on a particular form of dementia please contact the Alzheimer's Society National Dementia Helpline on 0845 300 0336

The Helpline is open from 8.30am to 6.30pm
Monday to Friday.

Alternatively please feel free to contact our
home manager for further information and support.





Finally an answer

When someone close to you is diagnosed with dementia it's completely normal to have mixed feelings. Part of you is relieved to finally have a reason behind what's been happening but quite naturally, you may also feel upset, worried, alone, afraid and even angry.

At Care UK we try to understand how you're feeling and we're here to help you. We want to give you the support and reassurance you need.

You'll probably be wondering what's down the line and how the condition might progress; but rest assured whatever happens our staff are here to support you every step of the way.

We hope this leaflet is useful to you - especially some of the tips on the back which may help you to assist your loved one in coping with the condition.

Memories are golden

Although the symptoms have many similarities, because we're all uniquely individual and there are different types of dementia, how it affects each person is never the same.

One of the first noticeable signs that someone has dementia is not being able to remember basic things, usually very recent, like where they put their keys, whether they switched the oven on or not, how to make a cup of tea or who somebody is.

This alone can be extremely frustrating for the individual and also their family, who can feel an immeasurable sense of loss when someone they love develops dementia.

Long term memory tends to be less affected, so looking at old photographs, talking about the past and reliving events from long ago can be hugely comforting and therapeutic for everyone.

At Care UK we think it's important to properly understand who your loved one was, as well as who they are now and how their memories affect them.



Caring about people

Being surrounded by their own possessions and photos can make a big difference to someone with dementia – that's what we aim to do at Care UK – to make a difference. We'll rearrange furniture, cater for individual lifestyle choices and, where possible, even accommodate a beloved cat – whatever it takes to help them feel more at home because at Care UK we care about people, not just for them.

Sometimes dementia might make it difficult for your loved one to find the right words to use in conversation. They may also find it difficult working out how to do things that used to be second nature.

Disorientation may occur even in familiar places and the ability to use initiative and judgement may become more difficult. We know that watching helplessly as changes take place to the one you love can be distressing and sometimes unsettling. That's why we are here to help you.

At Care UK we work together with the individual to create a positive and relaxed atmosphere. We encourage people to continue with their lifestyle, enabling choice and independence to do those activities they find enjoyable and stimulating. It's important to understand that each day may be different to the next.



Helping to make things **easier**

There are lots of practical ways of making the early stages of dementia less scary. The following tips have been put together by carers and family members who look after people with dementia. The tips are designed to reduce some of the frustrations associated with the condition, making everyday life just that little bit easier.

Life can be improved for someone with dementia if they:

- Make lists
- Have an established routine
- Have important things like keys in a visible place
- Have a calendar or diary with important dates and times written down
- Have a clock that shows the difference between daytime and night time
- Enjoy family time and have fun
- Share memories
- Feel safe and comfortable in their environment
- Ensure friends, the doctor surgery and necessary members of the local community understand the situation
- Participate in activities and social groups

If you would like more detailed information or would like to discuss individual needs, please contact us on **0800 011 4217** or visit **www.careuk.com/dementia**

At Care UK we actively help and encourage residents to do things that make their lives better, this in turn enables them to live a more fulfilled life.

This support extends to our residents' wider network of family and friends too. It might be your loved one that has dementia, but we recognise that they're not the only ones who need the reassurance and help.

When a new resident joins us at a Care UK home we give an honest and compassionate appraisal of their abilities. Then, with creativity, innovation and the help of family and friends, we put together a care plan that takes into account their individual likes, dislikes and lifestyle choices.

There is no reason why someone with dementia can't continue to live a happy, active and fulfilled life, even into the later stages. Our aim is to provide the very best environment and support to make this happen.

