

Knowing Dementia

Typical First Signs:

- Memory loss
 - Getting lost easily
 - Forgetting names
- Difficulty concentrating
 - Struggling to follow a film/book
- Struggling to follow a conversation
 - Sitting alone in social situations
- Confusion
 - Quiet
 - Angry/agitated
- Changes in mood
 - Low mood, anxiety, easily irritated
 - Different to normal



Alzheimer's Disease

A progressive form of dementia, causing a continuous decline in function.

Causes the brain cells to die, affecting thinking, behaviour, and social skills.



Vascular Dementia

Dementia caused by reduced blood flow to the brain causing damage to the brain cells.

Decline in a step-wise manner (e.g. rapid decline after significant events such as hospital stays).

Affects ability to follow a list of steps and fluency of speech.

Lewy Body Dementia

Dementia occurring when abnormal protein lumps gather in brain cells, affecting sleep, movement, and vision.

Can cause hallucinations in some people.

Memory may be less affected than in other types of dementia.



Mixed Dementia

A mixture of changes as a result of multiple types of dementia.

Changes vary depending on which area of the brain is affected. It may progress more quickly than other types of dementia.

Possible Management Options

Medications:

- Donepezil (helps brain cells communicate)
- Memantine (blocks certain chemical signals in the brain)

Some medicines can be used to treat the symptoms of dementia:

- Anti-depressants
- Anti-psychotics



Other Management:

- Talking therapies
- Music therapy
- Art therapy
- Life story work - recalling life experiences and memories

Advanced care planning can be discussed as required.

If concerned regarding management, speak with your GP.

National Help

Webpages:

- Alzheimer's society
- NHS
- Dementia UK
- Carers Trust
- Carers UK

Online Forums:

- Talking Points
- Carers UK Forum

Legal Advice

Companies:

- Community Legal Advice
- Disability Law Service
- Citizens Advice
- Solicitors for the Elderly

Scunthorpe Help

- Helping Hands:
 - 0330 818 3754
- Dementia Support:
 - 0303 123 4000
- Admiral Nurses:
 - 01472 256256
- Peggy's Place:
 - 01724 808108
- Dementia Advice:
 - 01472 359247

Webpages:

- Carers Support Centre
- Dementia Adventure
- TIDE

Support Lines:

Dementia Connect: 0333 150 3456

Alzheimer's Research UK: 0300 111 5111

Age UK: 0800 055 6112

Dementia UK: 0800 888 6678

Tips For Family/Friends

- Register as a carer with your GP
- Apply for a carer's assessment and check benefits for any extra help/support
- Use memory aids around the home
- Enquire about training to help provide care and learn about changes
- Offer reassurance as required
- Try to stick to a simple daily routine

Always remember to stay on top of your own physical and mental wellbeing.



Your GP is Ancorra Medical Practice

Contact your GP on 01724 747280

Your main contact is ...

Others involved in your care: