

Introduction to Dementia

There are various types of dementia and they can affect people differently. It is important to remember that dementia is progressive. Dementia is NOT a natural part of ageing. It currently costs the UK £26 billion and affects 850,000 people.

Alzheimer's Disease

- Commonest form of dementia
- Protein "plaques" form in the brain, killing cells
- Affects more women than men
- More likely to affect those with Down's Syndrome
- Lifespan is typically 8 to 10 years after first symptoms

Vascular Dementia

- Second commonest form of dementia
- Caused by reduced blood flow in brain - often from stroke
- Symptoms may start suddenly or develop over time
- More common as people get older - especially over 65
- People from Asia, Africa and Caribbean at greater risk

Dementia with Lewy's Bodies

- Symptoms similar to Parkinson's Disease & Alzheimer's
- Often develops slowly
- No current treatments
- As well as memory issues and other "typical" dementia symptoms, can cause stiffness, tremors, loss of facial expression etc.

Frontotemporal Dementia

- Comparatively rare
- Affects the parts of the brain that control personality
- Causes in changes in behaviour, speech and memory
- May need prompting over hygiene & day-to-day activities
- Lifespan typically 8 years after diagnosis

Mixed Dementia

- More than one kind may be present - especially vascular & Alzheimer's



Creating the Perfect Environment

- Maximise natural light
- Use soft furnishing to absorb noise
- Use the same floor colour throughout
- Avoid shiny or reflective floors
- Avoid using rugs or mats
- Use contrasting wall & floor colours
- Use a different colour for items that need to stand out
- Use bold colours for bed linen, towels etc
- Avoid patterns in wallpaper etc.
- Clearly label glass doors
- Use labels with pictures for toilets, underwear drawers etc.
- Use reflection assessment to ensure service users still recognise their own reflections

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Our Course Director has over 20 years' experience in the sector – with positions ranging from Senior Carer, through various teaching roles, being leader of a 'step down' mental health service, to Senior Education Consultant with a fostering panel, and an Education Practitioner for Children's Services (Fostering and Residential). Before joining Whitehall Training, he managed the training needs of over 4,000 staff for two national face-to-face training providers.

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If you'd like to join our Legionella webinar on July 18, call 0207 099 7432 or email us at harry.nicol@infonetica.net. All attendees will receive a free licence for our Legionella Awareness course.

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