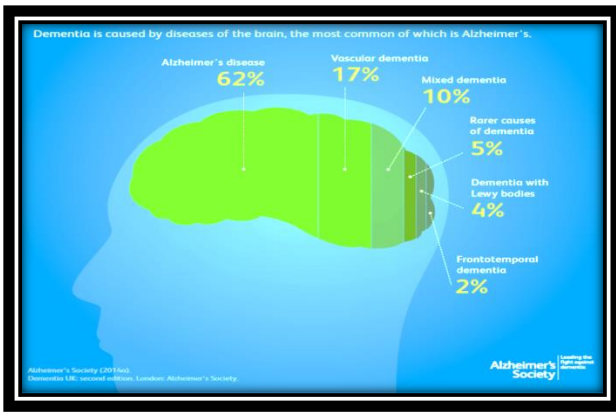


Dementia Overview.



Most common sub-types of dementia

- Alzheimer's Disease = 62%
- Vascular dementia = 17%
- Mixed dementia = 10% (Alzheimer's & Vascular)
- Lewy Body dementia = 4%
- Fronto-temporal Lobe Dementia = 2%

Sub-types

- Alzheimer's disease
- General decline in cognitive abilities.
 - Poor memory for recent events.
 - Difficulty in carrying out everyday tasks.
 - Less able to make sense of the outside world or communicate their inner world.
 - Affects the ability to: remember; speak; think; make decisions.

- Vascular dementia
- Problems with concentration.
 - Periods of acute confusion
 - May experience weakness or paralysis.
 - Progression is 'step' like with periods of stability and then sudden deterioration.
 - May retain more abilities and memory loss may not appear until later.
 - Affects: speech; language; co-ordination and memory.

- Lewy Body dementia
- Shares features with Alzheimer's and Parkinson's.
 - Memory loss, shortened attention span, visual hallucinations, Parkinson's symptoms, disorientation and verbal communication difficulties.
 - Symptoms may fluctuate.
 - May be prone to faints and falls.
 - Muscle stiffness and increasing immobility.
 - Affects: concentration and attention, language, ability to judge distances and ability to reason.

- Fronto-temporal Lobe Dementia
- Often affects younger people
 - Emotional behaviour and social behaviour are negatively affected.
 - Language may diminish more rapidly.
 - Obsessive behaviour may occur.
 - Affects: Personality and behaviour, typically in the initial stages memory is still intact.

Good Practice

- Treat the person with respect.
- Introduce yourself at every contact.
- Avoid overstimulation – create a calm and predictable environment.
- Give regular and repeated verbal and visible clues to orientation, with regular reassurance and explanation.
- Eliminate sources of discomfort – hot/ cold/ hungry/ thirsty/ in pain / requires toilet etc.
- Take steps to reduce boredom.

Try not to

- Appear cross with the person – remember your body language.
- Argue with the person.
- Ignore the person.

Always

- Stay calm and try to show you are relaxed.
- If speech is hard to understand, think about what the person might be trying to say.
- Pick up clues from the person's body language.
- Speak clearly, calmly and slowly – allowing the person time to understand.
- Use simple short sentences and look directly at the person you are talking to.
- **Allow time for the person to answer.**

TECHNICAL DIFFICULTIES



Useful resources

- Kent Fire and Rescue – Safe and Well Visits – 0800 923 7000
- Involve Kent – 01622 677337
- Dementia Roadmap – Information and contacts / support .
<https://dementiaroadmap.infor/westkent>
- Alzheimer’s Society – Factsheets, information etc.
<https://www.alzheimers.org.uk>
- Community Wardens – find contact details for your area.
<https://www.kent.gov.uk/leisure-and-community/community-safety/community-wardens#tab-4>