

Baddow Village Surgery Patient Participation Group (PPG) – A Dementia Information Event for Carers

(Thursday, February 19, 2026 at Baddow Village Surgery 1.00 pm to 2.30 pm)

Presentation Slides and Information Notes:

Caring for Someone with Dementia – An Information Meeting (for registered patients of Baddow Village Surgery)

A presentation aimed at carers of partners or relatives diagnosed and in the early stages of dementia, or people waiting for, or anticipating a dementia diagnosis.

Areas of discussion will include:

- Medical Evaluation
- Health & Care Plans
- Legal & Financial Planning
- Lifestyle Changes
- Support Networks
- Carer's Support

Where & When: Baddow Village Surgery – February 19, 1pm-2.30pm

Presented by: Baddow Village Surgery Patient Participation Group (the PPG) supported by Practice Staff, the Alzheimer's Society and Carers First

[Visit the PPG website for a copy of the Dementia presentation notes and our latest Newsletter >](#)



Slide 2

Dementia - a carer's perspective

"People with dementia need support, respect and dignity. Simple and little things can make a lot of difference."

Learning to care well for someone with dementia is a challenge most carer's never planned for.

"Living well with dementia" - watch this short video where Dr Jennifer Bute shares her day-to-day life with dementia - note her spirit shine through and her search for opportunity.

<https://vimeo.com/40513833>

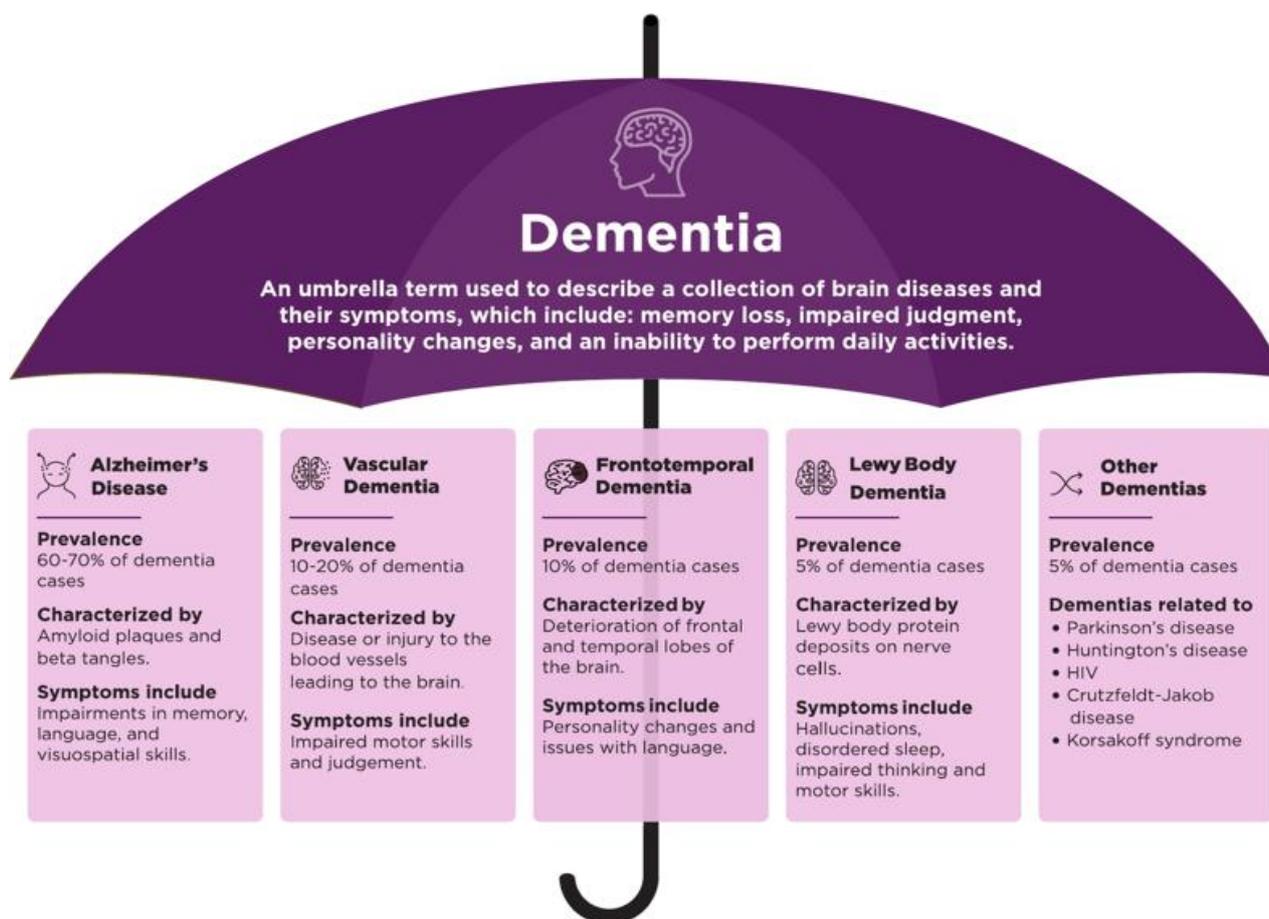


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Dementia has a significant impact on how a person functions within their home. Memory issues or problems recognising and interpreting their environment and people cause confusion and frustration, as well as safety issues. Anxiety is usually triggered by an event and understanding these triggers will help improve wellbeing.

Watch the video for a 5-minute overview of living with dementia ... <https://vimeo.com/40513833>

Overview: Dementia is an umbrella term for a collection of cognitive disorders – symptoms, progress and prevalence vary by type and age of people with dementia. Alzheimer’s is the most common form.



Slide 3

Prepared By: : Baddow Village Surgery Patient Participation Group

Early indications of dementia include behavioural changes:

- **Memory** – forgetting words, events or repeating stories, forgetting people
- **Communication** - frequent pauses, trouble forming sentences
- **Planning** - may miss appointments, struggle with finances, shows confusion, and has trouble with planning tasks
- **Mood changes**, anxiety, and behavioural shifts, hallucinations
- **Movement** changes like gait changes, coordination issues, unsteadiness, and limb stiffness
- **Vision** issues - affecting depth perception and shape recognition
- ...

February 19, 2026

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Dementia – early signs / behaviour changes – evidence suggests **early intervention may improve outcomes – early medication more effective at stabilising condition; extending independence and a later care home placing** Alz.Soc guide – **symptoms checklist – link below** (useful aid when discussing symptoms with your GP)

Below is an observation list for some **early signs of dementia**:

Source - <https://www.alzheimersresearchuk.org/news/spotting-early-signs-that-could-be-dementia-when-should-you-worry/>

Problems with memory, memory loss and thinking

Early on forgetfulness could be mild, affecting memory for places or things that have happened in the past. You may notice someone:

- repeating the same question frequently.
- struggling to remember the name of objects around the house.
- misplacing items, like leaving car keys in the fridge.
- having difficulty concentrating on daily tasks.
- finding it hard to follow the storyline of a TV programme.

Another early sign is changes to perception and awareness. People experiencing memory and thinking problems may have less insight into how symptoms are disrupting their everyday life than the people around them. This is why it's important for loved ones to notice these changes and take them seriously.

Communication issues

When in conversation you may notice someone:

- pausing or saying they don't know regularly.
- having problems finding the right word.
- finding difficulty putting sentences together.

These signs can be related to aphasia, a word used to describe problems with understanding words, speaking, reading, and writing. These symptoms can be caused by Alzheimer's disease, but problems with communication can also be caused by a rarer type of dementia called frontotemporal dementia.

Planning and problem-solving struggles

A person with mild dementia might start:

- missing appointments or needing more reminders.
- struggling with money and managing their finances.
- showing confusion, like not knowing what day it is.
- developing problems with forward planning and following instructions, like shopping and cooking.

Personality changes, emotions and mood

Because changes to mood and emotions happen to all of us from time to time, and overlap with the common symptoms of depression, grief or stress, this can be a harder sign of dementia to spot.

Low mood and anxiety are common early symptoms. People may become anxious about going to new places or meeting others.

In some types of dementia, like frontotemporal dementia, early signs can include:

- changes to behaviour.
- loss of empathy.
- loss of or change in sense of humour.
- becoming angry in a way that's out of character.

Movement difficulties

Some types of dementia can cause movement symptoms, like dementia with Lewy bodies (DLB). These might affect someone before memory and thinking problems start.

Signs to look out for include:

- changes to the way we walk (gait).
- difficulty with coordination.
- increased unsteadiness.
- limb stiffness.

Sight and vision problems

Some people may begin to experience visual disturbances.

These symptoms are common in Alzheimer's disease, but can be significant issues in two different types of dementia: dementia with Lewy bodies (DLB) and posterior cortical atrophy (PCA – a type of Alzheimer's disease).

Some visual symptoms in DLB may include:

- hallucinations, like seeing people or objects that aren't there even though they may look real to the person.

In PCA, visual symptoms involve:

- problems with judging depth, like having difficulty navigating steps or stairs.
- making out shapes, for example struggling to walk on patterned flooring.
- making out shapes, for example struggling to walk on patterned flooring.

What to do if you suspect yourself or a partner of dementia – try this checklist of symptoms: While everyone's experience will be unique, spotting early signs of dementia is important. **Complete the attached dementia symptoms checklist**... The checklist will help you discuss your concerns with a GP. It is not a diagnosis tool and having these symptoms does not mean you are developing dementia.

<https://www.alzheimers.org.uk/about-dementia/dementia-diagnosis/how-to-get-dementia-diagnosis/dementia-symptoms-checklist>

If you are concerned about symptoms, contact your GP

Slide 4

Dementia - a carer's personal observations

- Get an early diagnosis – go to the doctors together
- .. Alzheimer's Society suggested a carer's course
- Peer support groups - helpful advice /emotional support
- Become a dementia friend (Alzheimer's Soc.)
- Life can still go on after an early diagnosis
- Wages, pension, attend-allowance - to separate accounts
- Never refuse any help – you are going to need it
- Register as a carer with your GP
- Make Social Care aware of your situation
- Set up Power of Attorney with trusted "attorney"
- None of us is guaranteed a tomorrow – live for today
- Make sure legal will in place (whilst mental capacity)

(Personal notes and suggestions from a local carer)

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Personal notes and suggestions from a local carer...(verbatim)

"Becoming a dementia friend, something much needed in our society."

I was fortunate if you could call it that, when my wife was first diagnosed in 2016, we had a visit from a nurse and also a lady from the Alzheimer's Society. The nurse came to discuss medication and said something that I thought was rather blunt at the time considering the news that we had recently been given, but in retrospect true. She said, none of us are guaranteed a tomorrow and this as a carer has stuck with me and the way that I have tended to live my life.

The lady from the Alzheimer's Society suggested a carers course that was available at that time which I was happy to go on, (CrISP) Carers Information and support programme which I found very beneficial.

One thing that stayed with me was NEVER REFUSE ANY HELP. You are going to need it as time goes on either for yourself or your loved one, just having someone to talk to who understands your situation.

I found the Peer Support Groups very helpful, not only for information but also to chat with other carers that have possibly been caring for longer and talking about the problems that they have faced and how they have dealt with them.

Although there are certain things that appear to lead to the chances of getting dementia, from my own experience I have come to the conclusion that anyone can get it. Having cared for my father who had Vascular Dementia and my wife with Alzheimer's, both were very fit and active, not overweight they eat healthy meals, didn't smoke or drink excessive amounts of alcohol.

If you feel a loved one is showing signs of dementia (forgetfulness, continually repeating themselves and getting confused) it is advisable to get an early diagnosis. I have found that denial is a common problem not only with the person with dementia but more worrying with loved ones and family members. Go with them to the doctors for a memory test and if required a referral to the memory clinic.

Being a carer for someone with dementia is something that you cannot plan for. Not everyone is cut out for it. It's very difficult and distressing knowing that things are only going to get worse, watching your loved one very slowly dying over the course of years (I think the average is 8 - 10 years). Sorry if that's upsetting, but reality.

Important things to consider after diagnosis:

- Life can still go on if an early diagnosis is given.
- Make sure a legal Will is in place whilst still with mental capacity.
- Power of Attorney needs to be set up (financial and health) with someone who can be trusted to look after these needs.
- Carer and loved ones need separate bank accounts as well as shared.
- Shared to pay household expenses.
- Wages / pensions, Attendance Allowance going into separate accounts as any daycare / care home fees will need to come from the cared for account.

More things to consider:

- Can the carer run a household? ie shop, pay bills, cook!
- Presuming a partner, husband / wife, are they an add-on with a credit card or do they have their own. If they don't have their own then this could be a problem later on getting one through not having a credit score.
- Register with the G P surgery as a carer so that medication and test results can be discussed. Get in touch with the local Community Agent to help fill in forms for Attendance Allowance, far better for them to do it than trying to do it yourself.
- Having this allows you to get a Council Tax reduction and Blue Badge and other benefits you may be eligible for.
- Make Social Care aware of your situation.
- Get an Emergency Plan set up with them.
- The carer can get an Emergency Card to carry with them and the numbers on this then relates to the plan in case of accident / hospital stay etc where the carer is unable to carry out their caring duties.

Caring for someone with dementia is a life changing experience. As time goes on, are you able to commit 24/7. You will need some sort of respite; local daycare centres are available at cost.

Coordination will deteriorate and spacial awareness over the course of time. Not being able to converse, it can be a guessing game trying to understand what is being said, very frustrating for both

sides. Help will be required when eating, food cut up. Unable to use a knife and fork. Help with washing. Incontinence, not everyone can deal with this, I did, but you need to have a very good understanding. Tremendous amount of patience is required, avoid confrontation, knowing when to walk away.

Other key issues:

- Care homes are very expensive. If it comes to that then visit as many as possible to see for yourself how many staff to patients as well as facilities on offer.
- Alzheimer's Society very helpful, we went to Singing for the Brain, exercise groups, walking groups with them.
- Carers First have a very good website with a lot of information about caring in general and hold regular meetings for carers and walking groups.
- Other useful information is attached I don't know if this is the sort of thing that you were looking for but it has certainly changed my life caring for my lovely wife" Statement ends

Slide 5

Supporting Identity

People with dementia may lose their memory and their skills - but they do not lose their feelings!

- People with dementia, whose mental abilities are declining, increasingly feel vulnerable and in need of reassurance and support
- It is important to do everything you can to help them retain their sense of identity and feeling of self worth
- Carers and family will need to make adjustments and plan to learn new skills to support the person with dementia



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People with dementia, whose mental abilities are declining, increasingly feel vulnerable and in need of reassurance and support. It is important that those around them do everything they can to help them **retain their sense of identity and their feelings of self-worth**.

Carers and family will need to make adjustments and likely need to learn new skills. It is worth noting:

- Each person with dementia is a unique individual with their own very different experiences of life, their own needs and feelings, and their own likes and dislikes.
- Dementia can affect individuals in different ways and each person will react to dementia in a different way.

Carers - those supporting and caring for people with dementia face the challenge of seeing major changes in a loved one's behaviours and health, and also in their own lives.

Their relationship with the person with dementia will change significantly.

They may need new skills and need to learn how best to respond and to cope with their own emotions and wellbeing, as well as those of the patient.

Carers also need support – they need to seek help and plan for their own health and wellbeing.

≡ Cognitive decline - a need to plan for a very different future:



NOTE: Early diagnosis of dementia helps individuals and their families make informed decisions about their future.

	Normal behaviours (i.e. before dementia)		Severe dementia behaviours (most likely case)
Memory function	No memory loss or slight inconsistent forgetfulness	➔	Severe memory loss; only fragments remain; finally mute
Personal Orientation	Fully oriented /aware and confident with surroundings and able to function normally	➔	Disoriented, especially related to time, date and place. Oriented to person only (withdrawn)
Judgment & problem solving	Solves everyday problems; handles work and finances well; reliable judgment in relation to past decision making	➔	Unable to make judgments or solve problems
Social activities	Independent, functions at usual level for activities such as shopping, volunteering and participating in social groups	➔	No independent function outside home; too ill to be taken to functions outside family home
Home and hobbies	Life at home, hobbies and intellectual interests well maintained	➔	No significant function in the home
Personal care and hygiene	Fully capable of maintaining own appearance and selfcare	➔	Dependency in basic activities of daily living; incontinent
Affect / Personality	Normal day to day personality	➔	Delusions; anxiety and agitation; repetitive obsessive behaviour, hallucinations

May be useful to monitor cognitive deterioration to help update care plans and prepare for care decision milestones

Watch – “Living with Dementia” – insights (source - A Glorious Opportunity 2)

Dr Bute’s **insights** into living with Dementia provides – a useful and inspiring 40-minute **video** that may be helpful to carers and families: <https://vimeo.com/36906603?fl=pl&fe=sh>

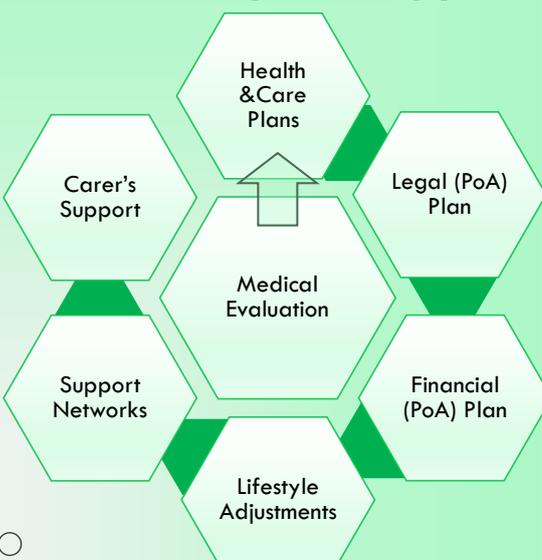
A summary of the key points in the video:

- What is Dementia
- **There is always a reason** - understanding communication and trigger points for raised anxiety
- Words become disconnected, word salad moments – talking about something familiar helps
- Actions may express needs or wants – learn how to interpret these
- Visual Spatial – loss of colours or perspective can lead to anxiety or danger – be aware
- More than Loss of Memory – reduced attention span, not recognising people – coping strategies
- Questions may indicate something else: don’t assume literal meanings
- Hallucinations / Time Travel – may think they are somewhere else in time or place
- Strange behaviours – usually have a triggering basis that is helpful to reveal and understand
- SITUATIONS that can precipitate agitation or confusion – some examples
- When agitated – simplify the environment / reassure / engage in a familiar activity
- Challenging Behaviour – Always a reason
- When visiting someone who has dementia – assume they won’t remember you, introduce yourself with context. Approach from the front, engage in familiar interests
- Carers (family or others) – need support: become exhausted, guilty, depressed

Book recommendations from Dr Jennifer Bute

- Contented Dementia ... Oliver James
- And still the music plays... Graham Stokes Dementia Frank & Linda’s story ... Louise Morse
- The 36-hour day...Nancy Mace et al
- Insight into dementia Rosemary Hurtley
- Alzheimer’s from the Inside Out ... Richard Taylor
- Still Alice ... Lisa Genova
- Keeper... Andrea Gillies.

Dementia - planning priorities



Medical Evaluation

Health & Care Plans

Legal (PoA) Plan

Financial (PoA) Plan

Lifestyle Adjustments

Support Networks

Carer's Support



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Medical Evaluation

Start with a GP appointment for diagnosis and tests to confirm dementia. Accompany the patient and make notes to later recall the advice and information provided.

Diagnosis should lead to access to specialist care, information and be the start for key planning steps for the future of both the patient and their carer.

Expect introductions to other health and care services and determine who will coordinate care across services for both the patient and for the carer.



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Medical & Care Support – get informed!

- Primary care support is available through your surgery and may include your GP, a trained dementia nurse and social prescribing support from PCN care navigators.
- Seek a care-plan which will need modifying/updating as the condition progresses. Understand what constitutes an emergency and how to respond.
- Dementia information and some support links are available on the surgery website.
- **Ongoing support will require self-help, carers advocacy and self-initiated discovery.** Help is available, often from charities (eg. Dementia UK, Alzheimer's. Carer's UK, Admirals Nurses,

Citizen's Advice), but will also likely involve interactions with a local Multi-Disciplinary Teams (MDT's) supporting both health and social care needs.

- Carers should seek to be registered as carers with their GP to ensure they can access the person with dementia's records and that their own needs are considered.
- Advance health directives can be recorded in the patients care plan or in a separate legal document. <https://www.alzheimers.org.uk/get-support/legal-financial/advance-decisions-dementia>

Social Care Support (the charities listed above can help you understand what to expect from Social Care):

Advising local social care services after a dementia diagnosis will result in an assessment of wellbeing needs for the patient and carer and determination of what support may be available through each stage of dementia. The council also supports access to benefits, such as a 25% Council Tax discount for individuals with dementia who receive benefits like Attendance Allowance, Personal Independence Payment, or Disability Living Allowance. This exemption can be applied for by completing an SMI Form, with the GP required to complete a section of the form.

After a diagnosis of dementia: understand what to ask for from local health and local authority services:

<https://www.gov.uk/government/publications/after-a-diagnosis-of-dementia-what-to-expect-from-health-and-care-services/after-diagnosis-of-dementia-what-to-expect-from-health-and-care-services>

Admiral Nurses (specialist dementia nursing service) provide insight into support that may be available after a diagnosis is confirmed.

<https://www.dementiauk.org/information-and-support/financial-and-legal-support/>

Slide 9

Health and Care Planning

A confirmed diagnosis leads to identification of a lead coordinator for care and wellbeing of the patient and carer, and access to specialist help and support from medical and social care services, charities and other sources.

This GP Practice has a trained dementia nurse, and also aims to support carers' needs

- Your PCN has a social prescriber / care navigator who can signpost help and support for both carers and dementia patients
- Social services can assess and advise what help and support is available in this area for each stage of dementia, and for carers
- Charities can help with information and support groups for patient and carers, including free and paid-for services available locally and advice relating to all of the planning elements.

Plans should be reviewed and amended annually or when needed



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Dementia has a significant impact on how a person functions within their home. Memory issues and problems recognising and interpreting their environment and people, cause confusion and frustration, as well as safety issues. Anxiety is usually triggered by an event and understanding these triggers, and effective management is just one of a carer's challenges.

Alzheimer's Society – Caring for a person with dementia - A practical guide:

A full list of chapters in **Alzheimer's handbook** follows:

- About dementia
- Taking on the caring role
- Looking ahead: putting plans in place
- Understanding changes and symptoms of dementia
- Personal care and staying well
- Support and care services
- Money and work
- Supporting a person in the later stage of dementia
- End of life care and support



Carers are the new super-heroes

This publication has provided essential support to many thousands of carers. It is a helpful resource, for carers and patients to better understand what's ahead and provide them with more confidence and reassurance when they need it most.

<https://www.alzheimers.org.uk/sites/default/files/2022-07/Caring-for-a-person-with-dementia-a-practical-guide.pdf>

NICE guidance re. Health & Care Plans. The National Institute for Health and Care Excellence (NICE) publishes dementia care guidance to health and social care professionals, commissioners, providers and people living with dementia and their families. These guidelines, including specific recommendations on **care support and plans (section 1.3)** aim to ensure that people with dementia receive high-quality, compassionate care that enhances their quality of life, reduces distress, and provides adequate support to their families and carers

Although **not mandatory**, the guidance is considered by the CQC (Care Quality Commission) and the Courts when they investigate poor care outcomes. As such it is a useful information and planning framework for carers to understand (and question) the support that may be available.

Link to NICE guidance recommendations: <https://www.nice.org.uk/guidance/ng97/chapter/Recommendations>

NICE - Summary of Key Recommendations:

- **Early diagnosis** and access to care.
- **Pharmacological treatment** (acetylcholinesterase inhibitors and memantine).
- Prioritize **non-pharmacological interventions** (e.g., CST, environmental modifications).
- Involve **carers** and families in care planning and provide ongoing support.
- Focus on **person-centered care** that preserves dignity and autonomy.
- Manage **behavioral and psychological symptoms** with non-drug approaches first.
- Support people with **advanced dementia** with **palliative care** and a focus on comfort.

GOV.UK – What to expect after a dementia diagnosis; - <https://www.gov.uk/government/publications/after-a-diagnosis-of-dementia-what-to-expect-from-health-and-care-services/after-diagnosis-of-dementia-what-to-expect-from-health-and-care-services> Actual experiences in your location may be different.

Note from the PPG: Carer's may want to acknowledge great dementia care and carer's service when you see it, and also to speak-out for dementia service improvement where it is needed...

CQC feedback – the CQC reviews care providers and want to hear from carers. Your experiences can help recognise great service or help services improvement – consider providing feedback at: <https://www.cqc.org.uk/give-feedback-on-care/start>

Advocacy: Become a Patient or Carer Advocate, sharing your unique experiences to help others. Consider becoming an advocate for excellence in care, making sure dementia voices are heard. <https://www.alzheimers.org.uk/get-involved/dementia-voice/self-advocacy-support>

Planning your next visit to your GP or Hospital – get the most from each visit, plan in advance...

<https://www.dementiauk.org/information-and-support/specialist-diagnosis-and-support/getting-the-best-out-of-gp-and-other-health-appointments/>



Legal and Financial Planning

- Early planning helps avoid difficulties later when the patient no longer has the capacity to make informed decisions or express preferences for themselves.
- Legal planning usually includes registering a lasting power of attorney (LPOA) to recognize that a carer can make health and wellbeing decisions on behalf of the person with dementia (daily care needs / medical care / care home choice)
- Financial planning LPOA's relate to the nominated carer(s) having authority to immediately manage a persons finances and property – including care home fees planning and sale of property

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Lasting Power of Attorney types: <https://www.dementiauk.org/information-and-support/financial-and-legal-support/lasting-power-of-attorney/types>

Health and welfare LPOA (Lasting Power of Attorney) (Source: Dementia UK - Leaflets)

This type of LPOA gives the “attorney” the power to make decisions about the person’s health and welfare. This can include:

- daily care needs (the carer can discuss treatments and care records with this LPOA)
- medical care choices and treatments
- the decision to move the person to a care home
- end of life treatments (in the absence of a recorded advance care plan)

This type of LPOA can only be used if the person with dementia lacks capacity (a legal definition / term) to make their own decisions. However, medical professionals have overall authority on any clinical decision and are required to act in the person’s best interests.

Property and financial affairs

This type of LPOA is used to give an attorney the power to make decisions about property and money matters. This can include:

- overseeing bank or building society accounts, including spending and fraud safeguards
- managing bills, benefits and pensions
- making purchases on the person’s behalf and managing expenses
- buying and selling the person’s home, for example, if they need to downsize to a smaller home or when moving into a care home

With the person’s permission, their attorney can make decisions under this type of LPOA as soon as it is registered. However, the attorney must always act in the person’s best interests, keep clear records, and keep their own finances separate from the person they are attorney for.

More details: Managing bank accounts – Manage Dementia Finances with LPOA

- An LPOA allows a trusted attorney (carer, family member or friend) to manage financial affairs, including bank accounts, investments, pensions, and bill payments.

- It enables the attorney to make decisions about selling property or managing pensions, which is often essential for funding long-term care
- A financial LPoA can be used before the person loses mental capacity, allowing the attorney to become familiar with financial arrangements and provide support proactively
- It prevents the need for a court-appointed deputy, which is a more complex, expensive, and stressful process
- LPoAs help protect against financial abuse, as the attorney is legally bound to act in the person's best interests and for example can cancel credit cards or overdrafts to prevent overspending
- **They allow for the setup of financial safeguards, such as daily withdrawal limits or separate accounts with spending caps, to manage day-to-day expenses safely, and planning who pays for care home fees (and how)**
- LPoAs can be tailored to specific needs, such as authorizing a third-party mandate for monitoring accounts or setting up direct debits to prevent missed payments
- LPoAs support continuity in care funding by enabling timely access to Social Security, pension, and other income sources, which is crucial to fund a care home placement. Get advice on methods of funding care home fees
- LPoAs reduce the emotional and logistical burden on family caregivers by providing clear legal authority to act
- They help maintain the person's dignity and autonomy by allowing them to choose who manages their affairs, rather than having a court appoint someone
- LPoAs can be used to manage assets and investments, potentially restructuring them into income-producing assets to cover care costs
- They facilitate smoother transitions to residential or in-home care by enabling the attorney to sign care agreements and manage payments
- LPoAs help prevent financial distress by allowing early intervention, such as setting up automatic allowances or monitoring for signs of overspending
- They support long-term planning, including the possibility of purchasing an immediate needs annuity to guarantee income and cap care costs.
- LPoAs are especially important for people with young-onset dementia, as they may still be working or managing significant assets, and early planning can protect their financial future

Care Home and in-home support fees are means-tested by social services to determine if any financial support is available to the person with dementia. The carer should seek independent advice on how best to plan for a social care assessment and how best to plan for these fees. Self-funders should assess their care fees funding options.

Continuing Health Care (NHS funding) - may be available (see eligibility criteria and application process), where there is a primary health care need. Health or Social Care providers can advise the criteria and make a referral for assessment where appropriate.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/health-services/nhs-continuing-healthcare/>

Complete a Will early on --ensure the person with dementia wishes are recorded in a legal Will. Changing or writing a will when a person's legal capacity is questionable can be difficult.

≡ Lifestyle Adjustments

Healthy Habits, Safe and Stimulating Environments

- Modify your **home environment** – make it a safe but stimulating environment. Consider labels (take your keys note at doorway), contrasting colours – don't have white plates and white table cloths, toilet bowl coloured water, digital clocks, pill taking boxes etc.
- Maintain a **healthy lifestyle** including regular **exercise** and adopting a healthy **diet** such as the Mediterranean or the MIND diet, reduce or **eliminate alcohol and smoking**.
- Maintain or increase **social circles** and events and hobbies to help with independence as long as possible Consider hobbies like music, choir, writing, reading out loud, allotment.
- Improve **your carer's skills** to recognize triggering incidents that raise anxiety or confusion and develop coping strategies that handle these circumstances effectively. Learn to pick up on non-verbal cues and to interpret miss-statements / confused words.
- **Memories** of "who I am". Build a scrapbook of places and things that were important parts of the patient's life – this can become a source of engagement when some of these memories fade and will also help professional carers when the time comes to transfer to a care home
- **New technologies** can help patients – smart speaker alarms, drug taking prompts, daily messaging. Using a tablet or smartphone to stay in touch with friends and family, quizzes, news sources, personal interest etc Check -out Alzheimer's Soc. aids



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Alzheimer's Society supports maintaining a healthy lifestyle including socializing, sleep, **diet** and **exercise**. Studies show that there is growing evidence around healthy diets helping to positively impact cognition - healthy eating is a lifestyle change to consider.

<https://www.alz.org/news/2019/food-for-thought>

<https://www.alzheimers.org.uk/get-support/living-with-dementia/exercise>

Taking part in **activities**, including everyday tasks, can have significant benefits for the physical and mental wellbeing of a person with dementia. Activities can help people stay healthy, active and independent (note that not all activities are free).

Remaining **socially active** can have beneficial effects on a person's wellbeing and independence, prolonging their quality of life. It may help a person express their feelings, retain more of their skills and self-esteem and attain a contented less anxious state of mind.

https://www.alzheimers.org.uk/sites/default/files/2020-11/AS_77AC_The-Activities-Handbook.pdf

Dementia UK advises that a free **home assessment** from social services can help identify adaptations and equipment to keep the person with dementia **safe and comfortable at home** - this is normally carried out by an occupational therapist. Small adaptations costing under £1,000 – such as grab rails etc. – should be paid for by the local council. Consider the use of labels, colours and technology aids at home and with family and friends.

<https://www.dementiauk.org/wp-content/uploads/dementia-uk-making-the-home-safe.pdf>

Alzheimer's Society provides **assistive products** that may help at home – see some of these products here: https://shop.alzheimers.org.uk/collections/assistive-products?email_campaign_tags=GenEnewsletter&dm_i=57EL,18YQ5,2DTHNF,54HTV,1

Support Networks

Encourage social activities, involve family and friends (Dementia Friends)

Consider:

- Memory Cafes
- Creative Workshops
- Specialist Support Groups – in touch with peers
- Maintenance Cognitive Stimulation Therapy (MCST) is a weekly one- to two-hour-long programme to help maintain memory and mental functioning
- Day Centres
- Carer's Courses and Respite Opportunities
- Travel/holidays with Dementia (*Dementia Adventure CIC*)



Alzheimer's Soc. Dementia UK, Age UK, Carers First & UK, Nationwide B.Soc. Care Navigators, Social Services, Citizens Advice Made with Twisty

Find support near you - <https://www.alzheimers.org.uk/>

Use the dementia directory to find **local support** services in or near Great Baddow for people with dementia and their carers

Examples below for “Great Baddow” services identified using the Alzheimer’s directory:

Select one or more of the links below (need to be online to use these links):

- Activities and social groups
- Advocacy
- Care homes
- Care or support in the home
- Day care
- Information, support and advice
- Support in the community
- Transport

Carers First – local support services: <https://www.carersfirst.org.uk/essex/how-we-help/>

Advice leaflets on various subjects are available from Dementia UK:

<https://www.dementiauk.org/information-and-support/resources/our-leaflets/>

Read or download their leaflets. They’re written by specialist dementia nurses and put together in response to frequently asked questions.

AGE-UK - Where can I get more support?

Whether you're already receiving support but you feel you need some more, you don't currently feel supported or you'd like to meet people who are going through a similar experience, local support groups can make a real difference.

Memory cafés offer information, support and friendship in an informal setting. You can meet other people with dementia and there are sometimes healthcare professionals to talk to.

Creative workshops such as arts and crafts or music workshops allow you to keep up the hobbies you enjoy or learn new ones while meeting new people.

Specialist support groups put you in touch with others so that you can talk about how you're feeling and learn about what you could expect in the future.

Maintenance Cognitive Stimulation Therapy (MCST) is a weekly one- to two-hour-long programme for people living with mild to moderate dementia. Group members take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning. Click below to find out more about MCST <https://www.ageuk.org.uk/our-impact/programmes/maintenance-cognitive-stimulation-therapy-mcst/#what>

Day centres can provide company and things to do. Some are for older people with or without dementia and others are specifically for those with more advanced dementia.

Silverline Helpline for over 55's – call to chat or discuss support: <https://www.ageuk.org.uk/services/silverline/>

Dementia Adventure is a social enterprise, based in Chelmsford, Essex but working nationally providing training, research, and consultancy services - all with nature in mind. They provide adventure travel and short breaks for people living with dementia and their carers. They organise park walks, days out and holidays to enable people living with dementia to enjoy activity out in nature.

PCN – Care Navigator's Support prompts:

DISS – Dementia Intensive Support Services - 01245 515313 Family can ring for an assessment & support (an urgent / call-out support service to keep dementia patients out of hospital)

Fundangles / Blue Flower Activities / Groups - Glenys Vallis 07956 855038 (Side by Side support, music groups, etc)

Essex Dementia Care - run day centres according to dementia severity, 1:1 support
Sharon Jones – Care Manager 01245 363789

Carer's First 0300 303 1555 - 1:1 carer support / groups / counselling

Crossroads Sitting Service - respite / companionship 01376 529985

Social Care - carer's assessment (social prescribers and most of above professionals can refer for carer's assessment)

Herbert Protocol - [Herbert Protocol | Essex Police](#). In case your cared for person goes missing.

TECH - social prescribers can order various bits of tech - sensors for the home, GPS watches etc

Livewell Essex – Dementia Support Services **Directory** – <https://chelmsfordconnects.org.uk/search?category=1720>

In Sandon - [Essex Dementia Care – “Every Day Counts”](#) – day centre for early-stage clients (fee payable)

Self Help – Dr Jennifer Bute found emulating Japanese Memory Groups that demonstrated that regular 'Reading Aloud, Mental Arithmetic and Writing' activates brain activity in older people, and restores communication and independence in those with dementia if done on a regular basis. She developed her own resources to support this activity

<https://www.gloriousopportunity.org/japanese-memory-groups.php>

Also: <https://www.gloriousopportunity.org/>



Carer's ...

- Dementia also affects the carers - *Can become exhausted and very depressed, and hide it well*
- Need a break from their responsibilities – *need to seeks respite opportunities*
- Suffer great guilt if unable to cope - *This can add to their loss/grieving and may be hypersensitive*
- Younger people can find it more distressing - they may feel trapped and be fearful for their own future
- Some aren't able to make use of offered help – *empathise with them, encourage them*

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≡ Carers support - finding help

Caring for someone with dementia is a profoundly challenging yet often rewarding responsibility that demands significant emotional, physical, and psychological effort from caregivers, who are frequently referred to as "the invisible second patients" due to the high levels of stress, burnout, anxiety, and depression they experience. While the journey is marked by difficulties such as managing behavioral and psychological symptoms, loss of memory and independence, and the emotional toll of watching a loved one decline, support systems and resources are increasingly available to help caregivers navigate this path.

Carers First & Carers UK support carers to with their own wellbeing, advocacy and caring advice
<https://www.carersfirst.org.uk/caring-for-someone-with/?selectedTags=Dementia>
<https://www.carersuk.org/help-and-advice/guides-and-tools/animated-information-guides-for-carers-practical-and-emotional-support/>

Dementia UK can provide early stage meetings with **Admiral Nurses** who specialize in dementia care can help raise awareness and help begin planning for the long and challenging journey ahead.

Alzheimer's UK provides extensive information and advice for carers and for people with dementia

Others – Age UK, Citizens Advice, Nationwide Building Society, Social Services, PCN Care Navigators

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Carers First – support for unpaid carers in Chelmsford, including at Broomfield hospital, provides on-line, telephone and face to face support – online guides can be found at:

<https://www.carersfirst.org.uk/caring-for-someone-with/?selectedTags=Dementia>

Carers UK -- <https://www.carersuk.org/help-and-advice/guides-and-tools/animated-information-guides-for-carers-practical-and-emotional-support/>

NHS self-help – Maintaining a healthy lifestyle – try the NHS self-help review of your **Healthy Choices**:

https://www.nhs.uk/better-health/healthy-choices-quiz/?WT.mc_ID=Partnerships_Toolkit&wt.tsrc=affiliate

Alzheimer's self-help – on-line carers dementia **Support Forum** – sharing practical advice

alzheimers.org - [sharing-your-practical-carer-to-carer-advice](http://alzheimers.org)

Carers' Adjustments

- in a world turned upside down:

Adjustments may be needed to the way carers **communicate** and engage with people with dementia (new carer's skills needed)

- Carers and families have to adapt and acquire new skills to communicate effectively and to manage the caring situation .

Favourable outcomes rely on what is communicated, and how. Consider:

- why and how conversations can go badly or work well
- what helps to maintain good conversations

Watch: Exeter University's dementia communications play – "The World Turned Upside Down"

[https://www.youtube.com/watch?v= A255O5vAk](https://www.youtube.com/watch?v=A255O5vAk)



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See this 81-minute film exploring **communication** with people with dementia [https://youtu.be/ A255O5vAk](https://youtu.be/A255O5vAk)



'The World Turned Upside Down' (*Exeter University initiative*) - is about thoughtful communication around dementia. There are many situations involving individuals and their family members, or individuals and healthcare professionals, where the outcome relies on **what** is communicated, and **how**.

The carer needs to become an effective listener and observer; to interpret what has happened or is being said and to speak and act supportively.

Good and effective communication is key to supporting people to adjusting to living with dementia and accessing post-diagnostic care.

This film explores these challenges / This film invites you to reflect on:

- why and how conversations can go badly or work well
- what helps to maintain good conversations

Slide 15 – Resources: (see below)

PPG DEMENTIA EVENT -- Resources Appendix

<p>Subject:</p> <p>Understanding and supporting a person with dementia – Alzheimer's Society</p> <p>Dr Jennifer Bute a former GP with Dementia shares some insights (see also her "ClinicalOpportunity.org" charity site.)</p> <p>Advice and assistive products that may help at home</p> <p>Information and support index and links – Dementia UK</p> <p>Activity ideas for people with dementia at home Alzheimer's Soc.</p> <p>Carer's health and support – Carer's UK</p> <p>Local support organisation near me (Alz. Soc. - enter postcode)</p> <p>Book recommendations:</p> <p>(1) Dementia From The Inside - a short book by Dr. Jennifer Bute – her story of contracting dementia as a GP and after caring for her father, - how she remained active and engaged and sharing her insights.</p> <p>(2) Contained Dementia – recommended by Dr Bute – a methodology for managing dementia and improving patient and carer's communications, wellbeing and outcomes. A toolkit to help understand and avoid anxiety events for people as the condition worsens.</p> <p>(3) Keep Sharp: Build a Better Brain at Any Age – a science driven guide by Dr Sanjay Gupta to retain and improved cognitive health based on 5 pillars: exercise, mental engagement, sleep, nutrition, and social connections.</p>	<p>Hyperlinks (URL)</p> <p>https://www.alzheimers.org.uk/get-support/help-dementia-care/understand/supporting-person-dementia</p> <p>https://youtu.com/38903800 (39 minutes awareness video)</p> <p>Alzheimer's Society - home assistive products</p> <p>https://www.dementiauk.org/information-and-support/resources/care-at-home</p> <p>https://www.alzheimers.org.uk/get-support/with-dementia/activities-dementia</p> <p>https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/</p> <p>https://www.alzheimers.org.uk/find-support-near-you</p>
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Try this short dementia knowledge game: <https://games.focusgames.co.uk/dementiaawareness> / 15

Try this short dementia knowledge game / quiz:

Resources Links (URL's) for Slide 15 (image above)

Understanding and supporting a person with dementia and yourself as carer – Alzheimer's Society	https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-supporting-person-dementia https://www.alzheimers.org.uk/get-support/help-dementia-care/looking-after-yourself
Dr Jennifer Bute a former GP with Dementia shares some insights (see also her " GloriousOpportunity.org " website.)	https://vimeo.com/36906603 (39 minutes awareness video)
Advice and assistive products that may help at home	Alzheimer's Society - home assistive products
Information and support index and links – Dementia UK	https://www.dementiauk.org/information-and-support/resources/our-leaflets/
Activity ideas for people with dementia at home Alzheimer's Soc.	https://www.alzheimers.org.uk/get-support/living-with-dementia/activity-ideas-dementia
Carer's health and support – Carer's UK	https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/
Local support organisation near me (Alz. Soc.- enter postcode)	https://www.alzheimers.org.uk/find-support-near-you
How to talk about dementia – a media guide	https://www.alzheimers.org.uk/sites/default/files/2024-08/alzheimers-society-how-to-talk-about-dementia-media-guide.pdf

Three Book Recommended by the PPG:

- (1) **Dementia From The Inside** - a short book by Dr. Jennifer Bute – her story of contracting dementia as a GP and after caring for her father; - how she remained active and engaged and sharing her insights.
- (2) **Contented Dementia** – recommended by Dr Bute – a methodology for managing dementia and improving patient and carer's communications, wellbeing and outcomes. A toolkit to help understand and avoid anxiety events for people as the condition worsens.
- (3) **Keep Sharp: Build a Better Brain at Any Age** – a science driven guide by Dr Sanjay Gupta to retain and improved cognitive health based on 5 pillars; exercise, mental engagement, sleep, nutrition, and social connections.

Thanks to the Practice, the PCN, the PPG, Lisa from the Alzheimer's Society and from Carers First

Access these notes – click on / share QR Code

