

Patient Participation Group (PPG) – Baddow Village Surgery

Dementia Information Meeting - Support Summary (more detailed PPG Notes can be accessed on the Surgery Website using the QR code shown here)



Acting on early signs of dementia – recognise and record the early symptoms of dementia and have a conversation with your GP.

Medical Evaluation

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

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

<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>

Lifestyle changes can help people with dementia stay active longer and have a better quality of life

Lifestyle Changes

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

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

Aids and Technology: https://shop.alzheimers.org.uk/collections/assistive-products?email_campaign_tags=GenEnewsletter&dm_i=57EL,18YQ5,2DTHNF,54HTV,1

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

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

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

Local networks that can provide support to carers and to the person with dementia:

Support Networks

See Alzheimer's directory of services near your postcode: <https://www.alzheimers.org.uk/>

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

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

AGE-UK - Where to get more support?

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 -- take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning. <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.

Surgery Primary Care Network (PCN) – Care Navigator’s Support Suggestions:

DISS – Dementia Intensive Support Services - 01245 515313 Family can ring for an assessment & support (an urgent / call-out support service to try and keep dementia patients out of hospital by treating at home (better environment))

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 - <https://www.essex.police.uk/notices/af/herbert-protocol/> 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 -- 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> and more from Dr Bute - <https://www.gloriousopportunity.org/>

Other Resources:

Understanding and supporting a person with dementia – Alzheimer’s Society	https://www.alzheimers.org.uk/get-support/help-dementia-care/understanding-supporting-person-dementia
Dr Bute a former GP with Dementia - insights	https://vimeo.com/369066603 (39 minutes awareness video)
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: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/>

Look after the carer: <https://www.alzheimers.org.uk/get-support/help-dementia-care/looking-after-yourself>

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

Alzheimer’s self-help on-line Forum – share practical advice - [alzheimers.org - sharing-your-practical-carer-to-carer-advice](https://www.alzheimers.org.uk/sharing-your-practical-carer-to-carer-advice)

Books 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 - 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 approach 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 improve cognitive health based on 5 pillars; exercise, mental engagement, sleep, nutrition, and social connections. No cure but helping to remain active.