

Older people's mental health – not just dementia'?

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Penylan House



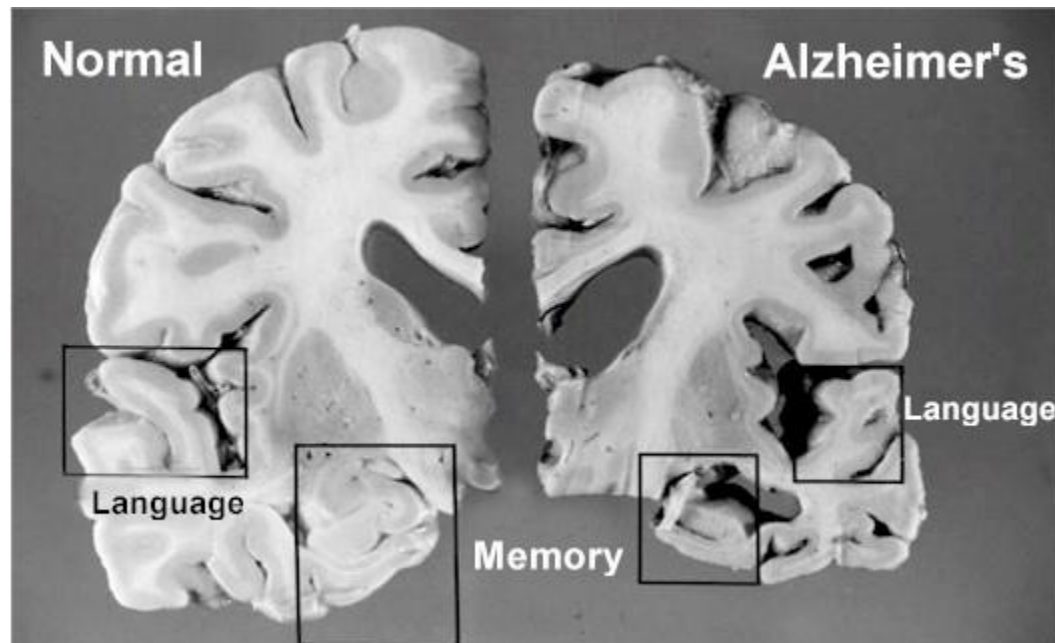
What is Dementia?



- 'Dementia' describes a set of symptoms that may include the following:-
- Memory loss
- Difficulties with thinking
- Disorientation (Time, Place Person)
- Difficulty with decision making
- Difficulty Word finding.

What Causes Dementia?

Dementia is caused when damage occurs to the brain..

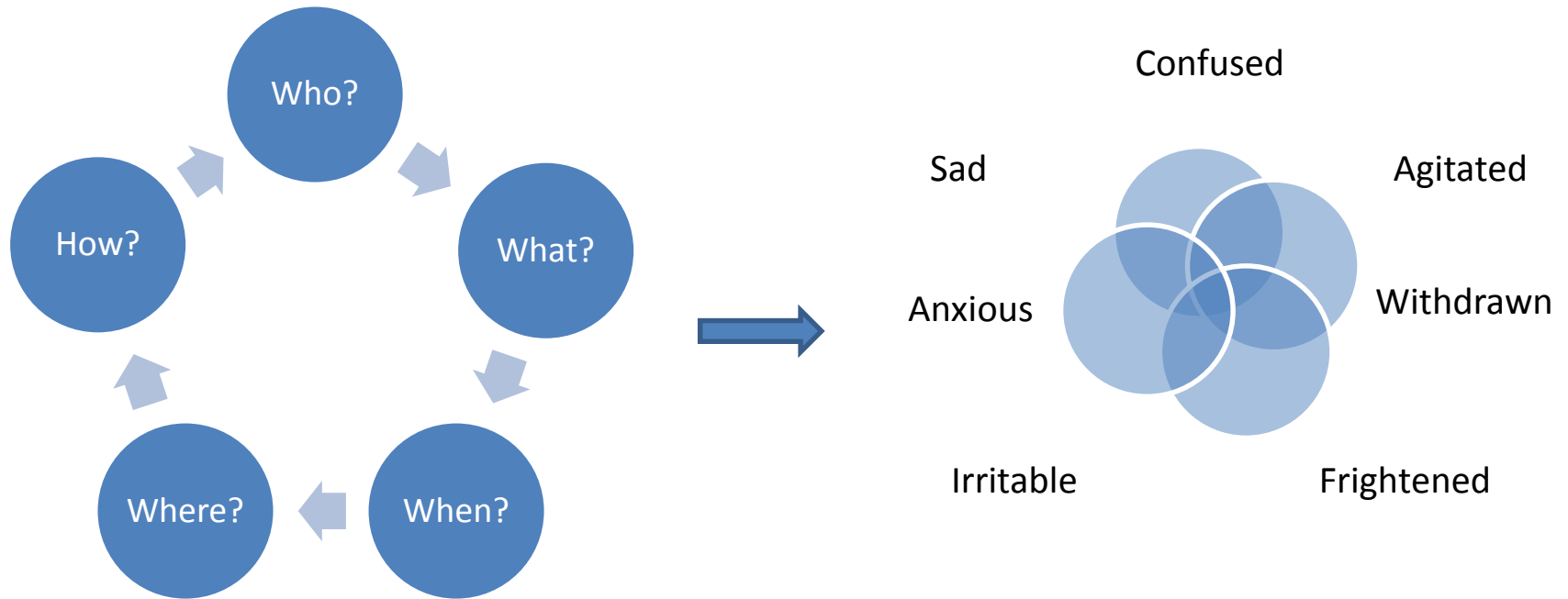


Statistics



The number of people with dementia is increasing because people are living longer. It is estimated that by 2021, the number of people with dementia in the UK will have increased to around 1 million.

How can dementia affect individuals?



Some of the more common
types of dementia



Alzheimer's Disease

Dementia with Lewy Bodies

Stroke/Mixed Dementia

Vascular Dementia

Parkinson's Type Dementia

Frontotemporal Dementia

Korsokoffs Dementia

What does dementia feel like

How do we help people with dementia keep their identity?



Recognise that each person is unique

Promoting Person Centred Care

Considering the whole person & what matters to them.

Maintaining Dignity and Respect

Focus on what the individual can do rather than what they can no longer do.

Social Services & Wellbeing Act

- The new Social Services and Well-being (Wales) Bill stresses the need to recognise the individual and their individual wishes.

The Eden Alternative



- It is recognising the frailty of the people we look after and concentrating on what they can do and what is within their capabilities
- It isn't about sky-diving and big expensive gestures
- It is about the little things that you can do every day to make someone's life better

Eden Principle 8

Place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.

Your not alone, help is out there

- **The Alzheimer's Society**
- **Area covered:** South Wales (Cardiff, Swansea, Newport).
- **Address:** Cymdeithas
South Wales Area Office 16 Columbus Walk
Atlantic Wharf
Cardiff CF10 4BY
- **Telephone:** 029 20480593
- **Email:** [SDAreaOffice-
SouthWales@alzheimers.org.uk](mailto:SDAreaOffice-SouthWales@alzheimers.org.uk)