

Dementia

National and local perspectives

Dr Richard Thomson
22nd June 2015

Agenda for the evening

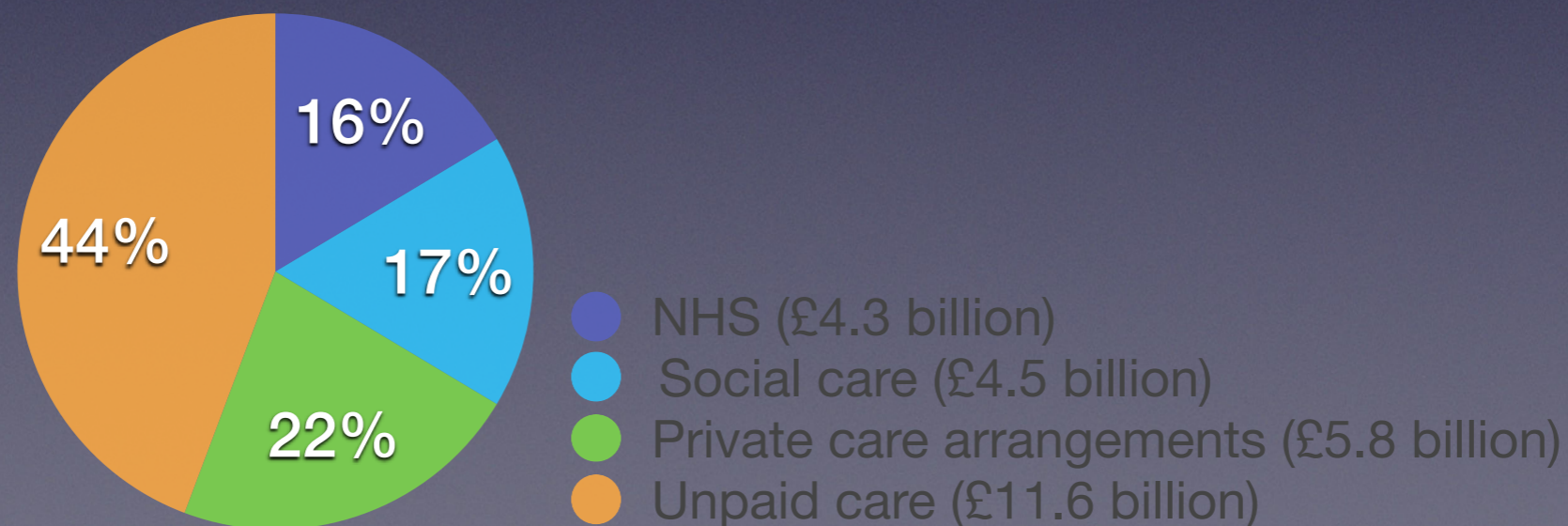
- Context
- What is dementia?
- What to look out for
- What to do if you are concerned
- Treatment options
- Support for patients with dementia
- Carers
- Power of attorney and other legal aspects
- The future of dementia treatments

Some facts and figures

- 12.2 million pensioners
- 1/3 of babies born in 2012 expected to survive to 100
- Life expectancy outstripping health life expectancy (men 64, women 66)

Some facts and figures

- 7% of >65's have dementia
- Currently 850,000 people in UK living with dementia
- Dementia costs the UK £26 billion a year



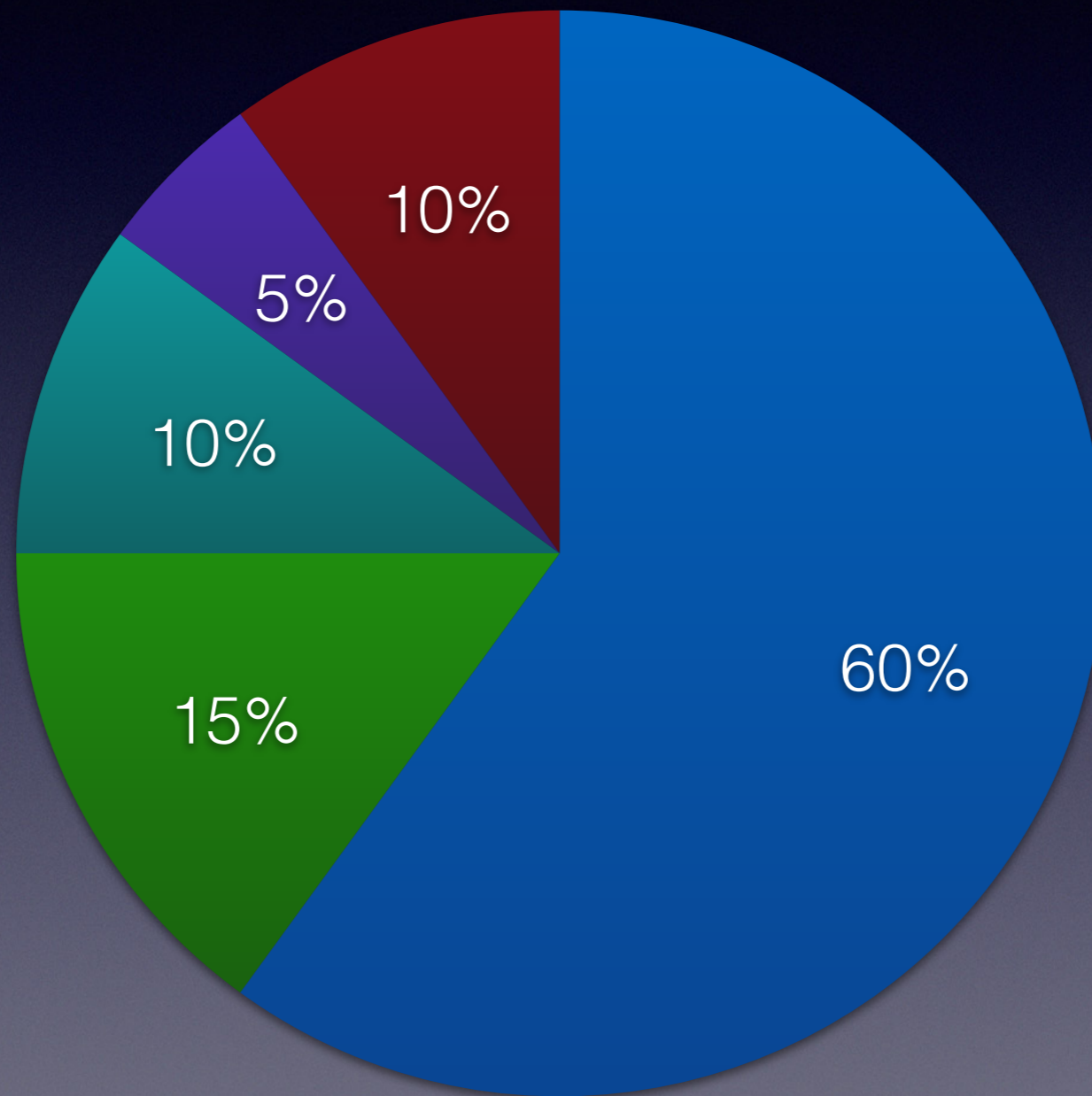
What is dementia?

A collection of symptoms:

- Lapses in memory
- Communication difficulties
- Struggling to find the right word
- Mood changes

Types of Dementia

● Alzheimer's ● Mixed ● Vascular ● Lewy Body ● Other

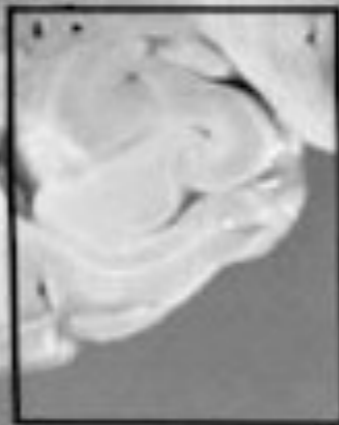


Normal

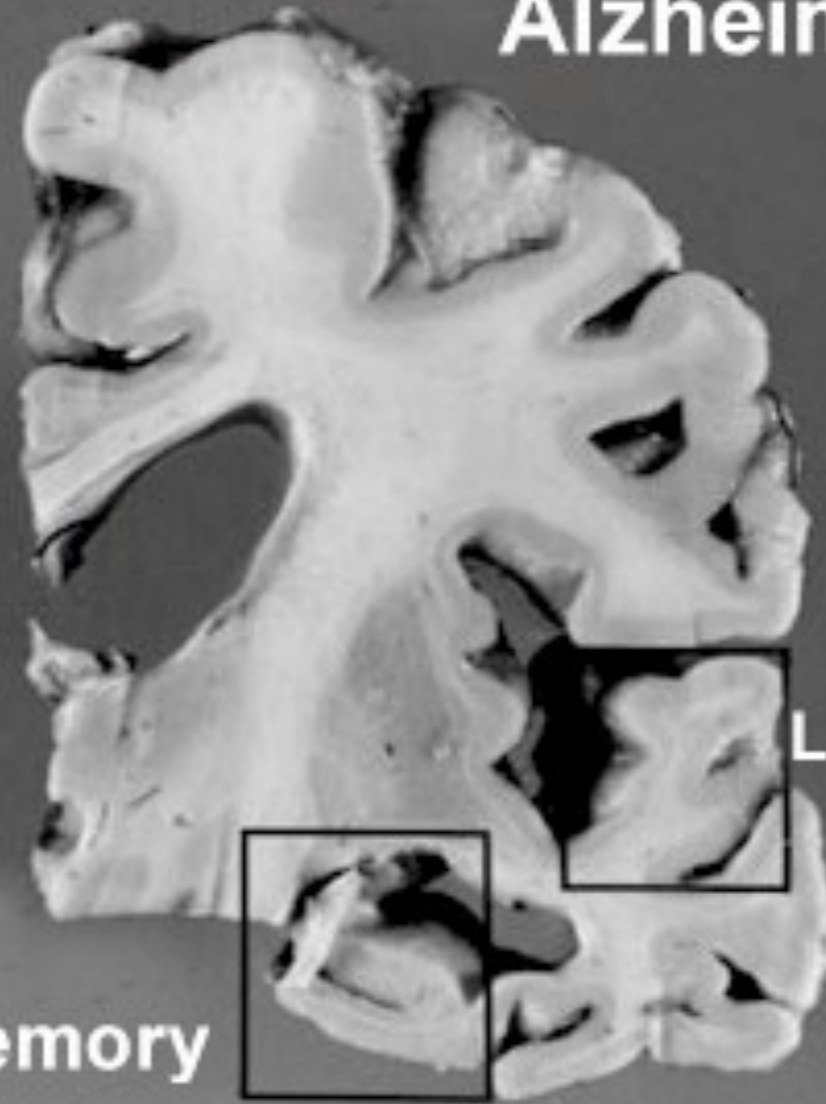
Alzheimer's



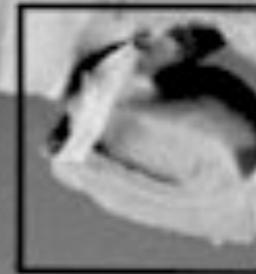
Language



Memory



Language

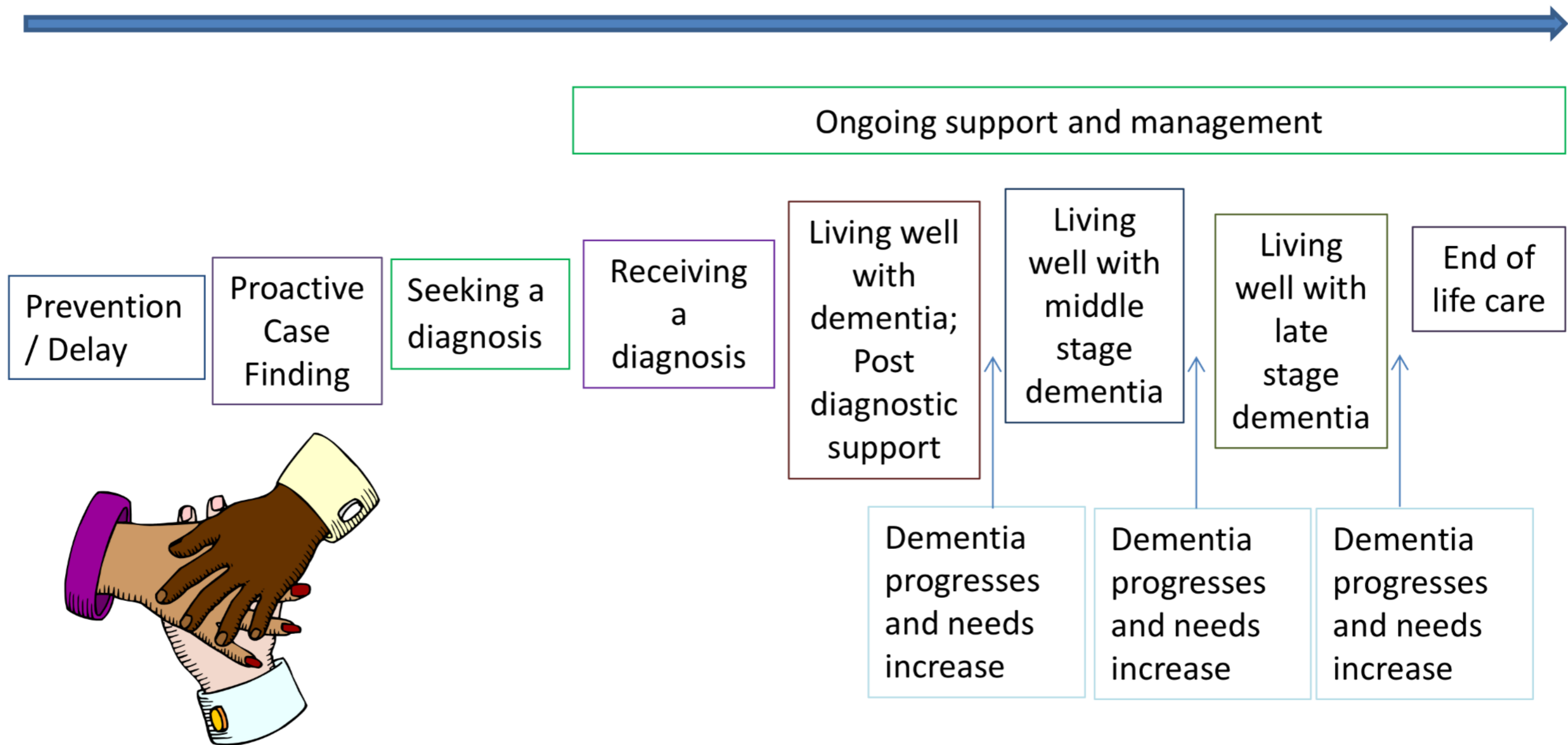


What to do if you are concerned?

- Stigma
- Understand what you would like to know
- See your GP

North Somerset Dementia Pathway

People will move along the pathway as their own individual lives, needs and physical and mental health changes



Supporting Groups (not exclusive)

- Portishead coffee morning 3rd Thursday of the month 10.30am - 12pm, Premier Inn
- Portishead Memory Cafe (Rotary Club) 1st and 3rd Tuesday of the month 2.15pm at Jubilee Day Centre
- Carers and Cared-for Activity Group, 4th Tuesday of the month 10.30am at the Lighthouse Cafe
- Lighthouse Cafe (Crossroads care) 2pm every Thursday
- Carers Lunch Club 2nd Wednesday of the month at The Royal Inn

Treatment Options

- Drugs - limited benefits, traditionally prescribed through specialist clinics, side effects can be limiting
- Counselling, life story work
- Massage and music therapies
- Treatment for depression and anxiety
- Prevention

Carers



Normal Memory Changes or Dementia Symptoms?

Typical Aging:	Symptoms of Dementia:
Complains about memory loss but able to provide detailed examples of forgetfulness	May complain of memory loss only if asked; unable to recall specific instances
Occasionally searches for words	Frequent word-finding pauses, substitutions
May have to pause to remember directions, but doesn't get lost in familiar places	Gets lost in familiar places and takes excessive time to return home
Remembers recent important events; conversations are not impaired	Notable decline in memory for recent events and ability to converse
Interpersonal social skills are at the same level as they've always been	Loss of interest in social activities; may behave in socially inappropriate ways

Adapted from: *The American Medical Association*

