

Living with dementia magazine 2010 archive

December 2010/January 2011

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Be kind to yourself

One carer shares her experience of counselling, and tells of the big difference it made in her ability to cope.
[Read the full article](#)

Words of encouragement

Two people with Alzheimer's disease open up about their lives with dementia.
[Read the full article](#)

Brightening up the day

Singing, friendship and laughter are all on offer at a singing group in Salisbury, and for many people with dementia and carers, it is the highlight of their week.
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A promising therapy

Research funded by the Society has shown the value of a therapy known as cognitive rehabilitation for people in the early stages of Alzheimer's disease.



[Read the full article](#)

November 2010

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Overcoming obstacles

Two years ago, the Society's Bradford office was in touch with 15 South Asian families affected by dementia. Thanks to hard work to tackle stigma in this community, they are now supporting 300.

[Read the full article](#)

'The magic pills'

Carers and people with dementia explain what dementia drugs mean to them.

[Read the full article](#)

Changing practice

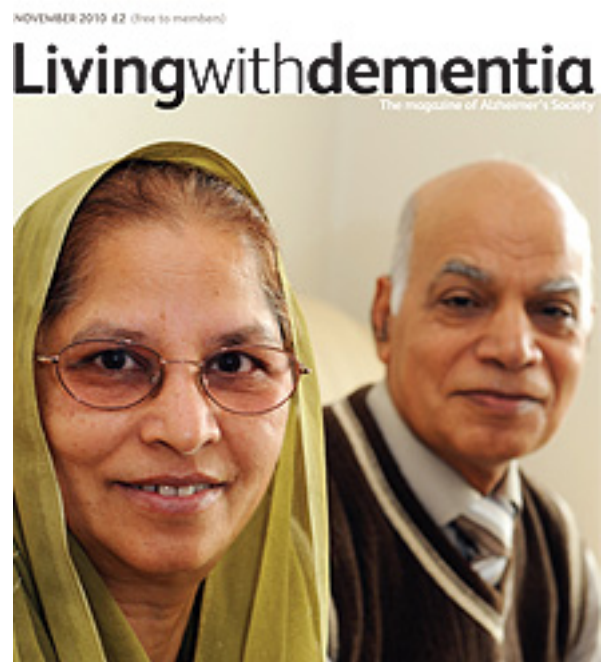
People with dementia and carers have been involved in changing GPs' attitudes towards dementia as part of Society-funded research.

[Read the full article](#)

Spreading the word

Carer Carol Smith explains how fundraising is her way of fighting feelings of helplessness.

[Read the full article](#)



October 2010

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Mothering mum

An early diagnosis of dementia led to new opportunities at work for Christine Grace, thanks to input from her local Society office.

[Read the full article](#)

I'm going home

New emergency packs have been created by Leicester police for families of people with dementia.

[Read the full article](#)

Alleviating agitation

Researchers comparing models of care in nursing homes in different countries found that certain approaches can improve quality of life for residents.

[Read the full article](#)

September 2010

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Where there's a will

For one hospital ward manager in St Helens, Merseyside, there is no excuse for poor quality dementia care. Read on for the secrets of Joan O'Hanlon's success.

[Read the full article](#)

Staying on top

A former Royal Marine who also spent 17 years caring for people with physical and learning disabilities, says the challenges of caring for his wife, who has dementia, have at times beaten him.

[Read the full article](#)

GPs prescribed earlier diagnosis



Researchers are handing out 'education prescriptions' to GP practices to test whether a more tailored approach to assessing dementia will lead to earlier diagnosis.

[Read the full article](#)

August 2010

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Learning to adjust

Elizabeth Ashton writes about her mother's vascular dementia, and its impact on their relationship.

[Read the full article](#)

Mixed greetings from Hawaii

In the first of two reports from the 2010 International Conference on Alzheimer's Disease (ICAD), Research Communications Officer Anne Corbett writes about a mixed bag of findings.

[Read the full article](#)

An eye on ICAD

Our Head of Research, Dr Susanne Sorensen, introduces the Society-funded researchers who presented their findings at ICAD - and shares a little insight into the world's biggest international conference on dementia.

[Read the full article](#)

July 2010

[Download the new look magazine](#) or read on for highlights of this month's issue.

Remember the person

A former drag queen, an ex pole-vaulting champion of Grenada and a dedicated follower of fashion all speak about life with dementia, and how they make the most of it.

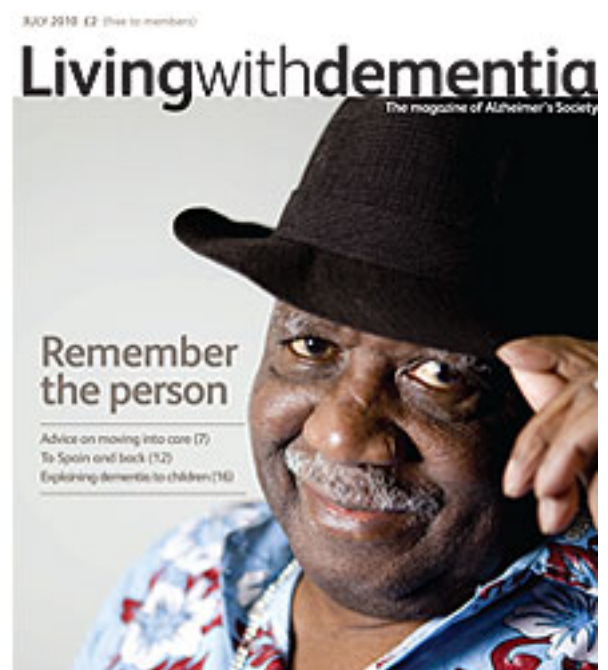
[Read the full article](#)

Time to smile

Gateshead-based artist Sarah-Jane Szikora is one of the many valued individuals supporting the charity through her work. Here, she talks about being inspired by the funny side of life, and her mother's dementia.

[Read the full article](#)

To Spain and back



Peter and Ann Oldacre's plans for a long, happy retirement in sunny Spain went out of the window when Ann developed dementia. Read Peter's account of the impact dementia has had on their lives.

[Read the full article](#)

June 2010

Welcome to the new look Living with dementia magazine. As you'll see content remains largely the same it just looks a whole lot better.

[Download the new look magazine](#) or read on for highlights of this month's issue.

'Our unsung hero'

In May, 46-year-old Michael Tuton was crowned Dementia Carer of the Year in the Daily Mail's National Carer of the Year Awards. Here, he talks about caring for his mum, Molly

[Read the full article](#)

Pulling together

When Ian Brady was diagnosed with vascular dementia aged 56, his sons and other family members didn't know which way to turn. Support was hard to come by so, like thousands of other families, they had no choice but to muddle through

[Read the full article](#)

Making inroads

Alzheimer's Society in Hackney is working with local organisations to develop peer support networks for the boroughs minority ethnic communities. So far, they are making good progress

[Read the full article](#)

May 2010

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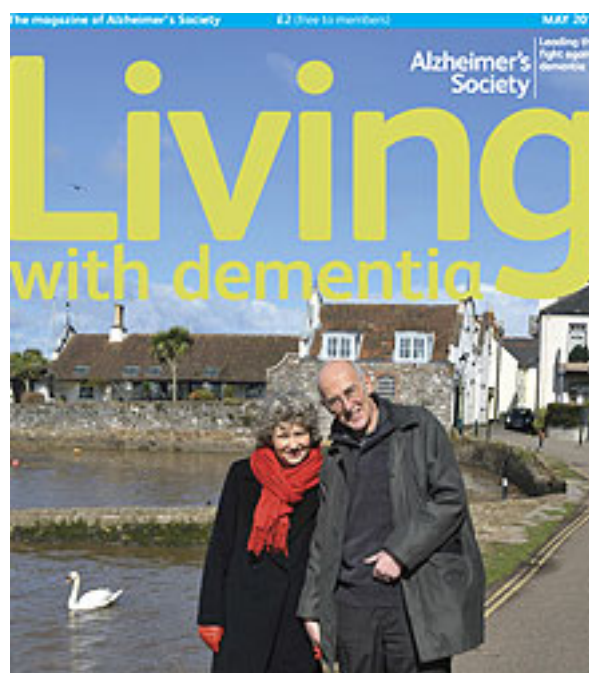
A sense of self

Former Cambridge scholar Nick Jones has primary progressive aphasia. Loss of speech and understanding of language, and lack of motivation are among the symptoms. Thanks to the intervention of friends and family, Nick is supported to continue enjoying his many interests

[Read the full article](#)

Learning to cope

For carer Victoria Jones, admitting she needed help in coping with her husband's dementia was devastating.



Here, she writes about the need to adjust and regain some of her independence.

[Read the full article](#)

Dementia at the opera

A new opera that explores the emotional impact of dementia on the lives of those involved in one man's care is now on tour.

[Read the full article](#)

April 2010

Please read on for highlights or [download the PDF version of the magazine](#)

A day at the Limes

Good company, good fun and good grub are all on offer at the Limes, a day support service for younger people with dementia in Bristol.

[Read the full article](#)

'It's seen me through'

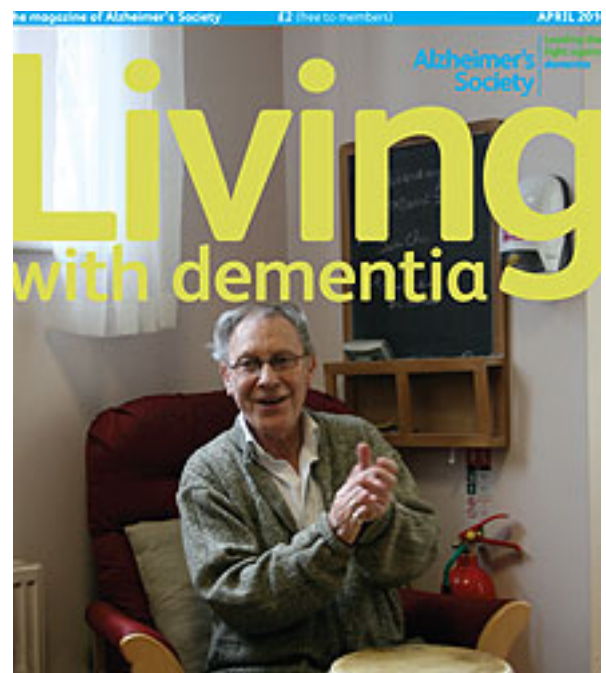
Many carers can feel isolated while caring for people with dementia. For one carer, meeting friends in the comfort of her own home through the Society's online forum, Talking Point, was a huge help.

[Read the full article](#)

Tip-top tips

From preventing flooding to blowing the cobwebs of that old record player - read on for handy tips from carers for carers.

[Read the full article](#)



March 2010

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Managing alright

Living alone at 92 is an achievement in itself, but Rose Gowler manages to do so with dementia, thanks to good support and a determined mind.

[Read the full article](#)

It can be done

Specialist services for younger people with dementia are few and far between, but one hospital in London has managed to set one up despite having no new budget.

[Read the full article](#)

A wonderful life

Ada and Albie Lovell celebrated 70 years of married life in February. Although Albie now has dementia, their love and resilience is seeing them through.

[Read the full article](#)

February 2010



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There's only one

Former carer Robert Breckman, whose beloved wife Julie died with Alzheimer's disease seven years ago, talks about how he gets by without her.

[Read the full story](#)

The big day

Wedding gifts - who needs them? Caroline and Steve Hartridge invited their guests to donate to Alzheimer's Society instead of buying them presents. Here, Caroline explains why.

[Read the full story](#)

Are you connected?

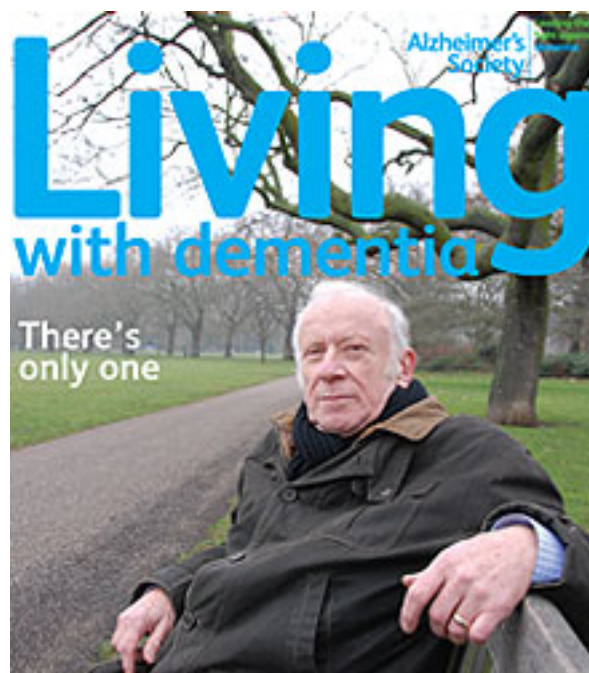
Social networking site Facebook recently announced a 900 per cent increase in users aged 55 plus. With the majority of users aged between 35 and 54, the Society is using sites such as Facebook, YouTube and Twitter to raise awareness of dementia among new audiences.

[Read the full story](#)

Read all about it!

The Society's flagship publication for carers has now been fully updated. Caring for the person with dementia: a handbook for families and other carers, is an immensely popular book, covering all aspects of caring for people with dementia.

[Read the full story](#)



Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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