

Living with dementia magazine archive 2011

November 2011

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Waste not, want not

Carer Jeanne Rault has looked after her husband John at home for ten years. Here she shares some of her tips on how to get by for less.

[Read full article](#)

Support at the front line

Alzheimer's Society has published a new guide for homecare workers which offers practical advice and information about dementia.

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The Care Quality Commission: a view from the top

This month Luke Bishop interviews Dame Jo Williams who chairs the Care Quality Commission (CQC), the regulator for health and social care in England

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October 2011



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Keeping it in the family

Caring for a person with dementia, being a single parent and studying for a degree could all be full-time occupations in their own right. But Simone Daniel has become an expert at balancing all three with a little help from her family and friends.

[Read full article](#)

Putting a price on change

In last month's Living with dementia (page 11) we outlined the recommendations made in Andrew Dilnot's report. These recommendations aim to reform the way adult social care is paid for, making it fairer, simpler and stopping people paying exorbitant costs.

[Read full article](#)

Reducing agitation through pain relief

Agitated behaviour is a common symptom of dementia but it is often not treated in the best way. But now researchers in Norway have shown that people with dementia treated with pain medication had their agitation significantly reduced, on average, by 17 per cent.

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August/September 2011

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The wonderful world of opera

Singing, dancing, acting - it's all in a day's work for people with dementia who starred in their own opera thanks to support from the Welsh National Opera.

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Calling all carers

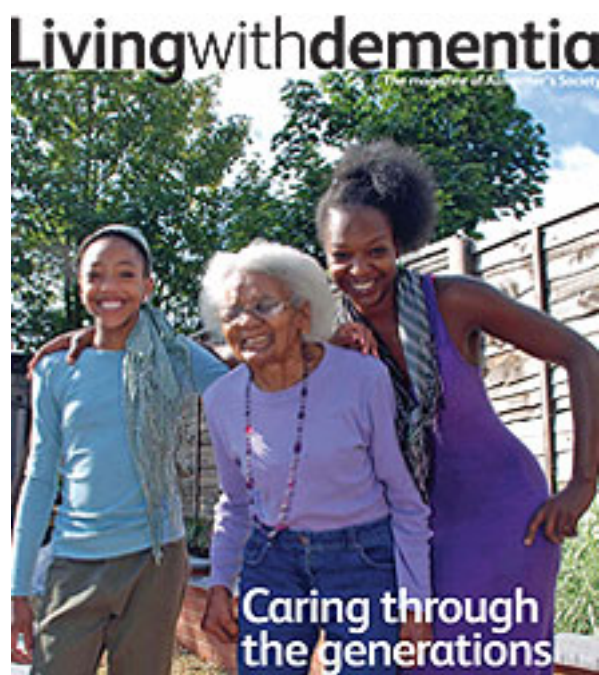
New information and support workshops for carers are being launched by the Society in autumn and carers who attended the pilot sessions have given them the thumbs up.

[Read full article](#)

Questions about care homes?

How often should I visit Dad? What advice can you give about choosing care homes? How can I deal with guilt? These are just some of the questions many people have about care homes.

Our online community Talking Point is one place to



find answers.

[Read full article](#)

July 2011

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Are you eligible?

A group of Society volunteers is successfully helping people to reclaim their entitlements to NHS continuing healthcare funding. If people are eligible, all their care is paid for by the NHS - so it's worth knowing about.

[Read the full article](#)

A real tonic

Gardening enthusiast Dr Catherine Horwood reflects on the benefits of gardening and recommends it as an activity for people with dementia and carers.

[Read the full article](#)

Breaking barriers

An ambitious project to reach out to communities in one of London's most diverse boroughs has proved successful in increasing understanding of dementia and bringing people together.

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June 2011

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A helping hand

For many people with dementia, retaining their skills and independence is vital to their quality of life. Assistive technology can help people to achieve these goals and live in their own homes for longer.

[Read the full article](#)

Being prepared

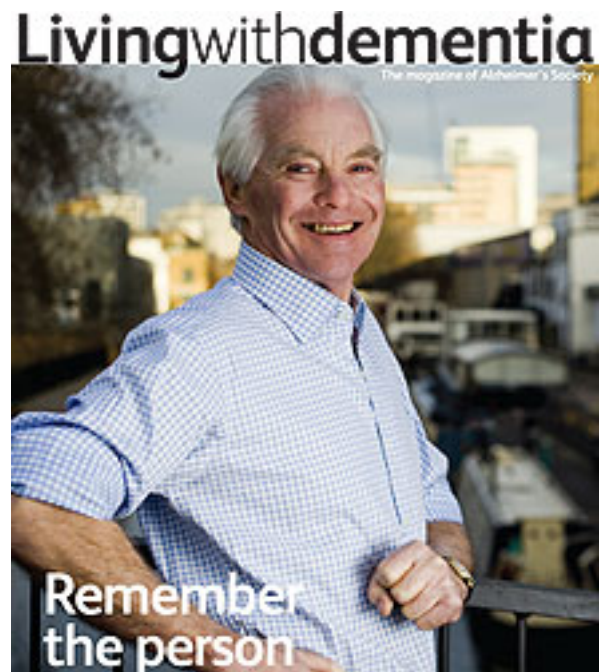
It's quite natural for people to avoid thinking about the end of their lives but for people with dementia, there are clear benefits to planning ahead. Peter Ashley, who is living with dementia, shares his views.

[Read the full article](#)

Stepping up the pace

Developing a new drug treatment from scratch is time consuming and vastly expensive. The Society has come up with a clever way of s

aving time and money in the race to find new treatments for dementia.



[Read the full article](#)

Sharing the caring

Two carers both determined to care for their loved ones at home explain the events that led to them moving into long-term care.

[Read the full article](#)

May 2011

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Depression and dementia

Depression is common among people with dementia, but there are simple ways of alleviating the symptoms.

[Read the full article](#)

Caring for Wally

Carer Margaret Stirling was determined to care for her husband, Wally, alone, but his dementia made him so restless that in the end she could no longer cope. Here, she tells her story and encourages carers to get all the support they can.

[Read the full article](#)



April 2011

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Creature comforts

The value of having pets in care homes is being realised by many care staff and families, who find they can trigger memories, reduce agitation and provide a welcome topic for conversation.

[Read full article](#)

Making a difference

Valerie Guthrie, Pratheep Suntaramoorthy and Bob Tann are all volunteers for the Society. Here, they talk about why they volunteer and what they get out of it.

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Action on antipsychotics

Too many people with dementia are being prescribed antipsychotic drugs unnecessarily. The Society is developing best practice guidance for GPs in a bid to stop their overuse.

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March 2011

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Improving hospital care

Involving carers, training staff and using brightly-coloured cups are just a few of the measures being taken in hospitals to improve the quality of care for people with dementia.

[Read the full article](#)

Support from the word go

Our Dementia Adviser service provides one-to-one support to over 8,000 people with dementia. Here, two people with dementia talk about the difference Dementia Advisers make to their lives.

[Read the full article](#)

'We had no idea it was dementia'

For years, Callum Campbell's family put off seeking help as they didn't recognise the symptoms of dementia. Here, his wife Frances talks about the support they now receive following a diagnosis, and how they wish they had gone to the GP sooner.

[Read the full article](#)

Protecting yourself from scams

People with dementia are among those most at risk of being victims of scams.

Helpline Adviser Sam Cox outlines some common scams and offers advice on how people can protect themselves.

[Read the full article](#)

February 2011



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Sex and dementia

Helpline adviser Alex Clay offers advice for a concerned caller whose brother is no longer welcome at a care home after climbing into a resident's bed

[Read the full article](#)

Coping with sight loss

In the first of a series of articles on the different diseases that cause dementia, we asked a couple living with posterior cortical atrophy (PCA) to share their tips on how to remain independent

[Read the full article](#)

Care at home

From high praise in Sheffield to an ongoing battle in South Gloucestershire, we talk to two people about their experiences of care at home.

[Read the full article](#)

Facing the future

Planning ahead for end of life care is not an easy task. However, doing so can help to improve the treatment and care of people at this difficult time. A peer support service in London is helping carers think about making decisions in advance.

[Read the full article](#)



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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