

# Welcome to the Councillor Network Webinar Series

July 2023



# Agenda

- Welcome
- Dementia myth-busting
- Supporting people living with dementia
- Signposting
- Questions and discussion
- Close

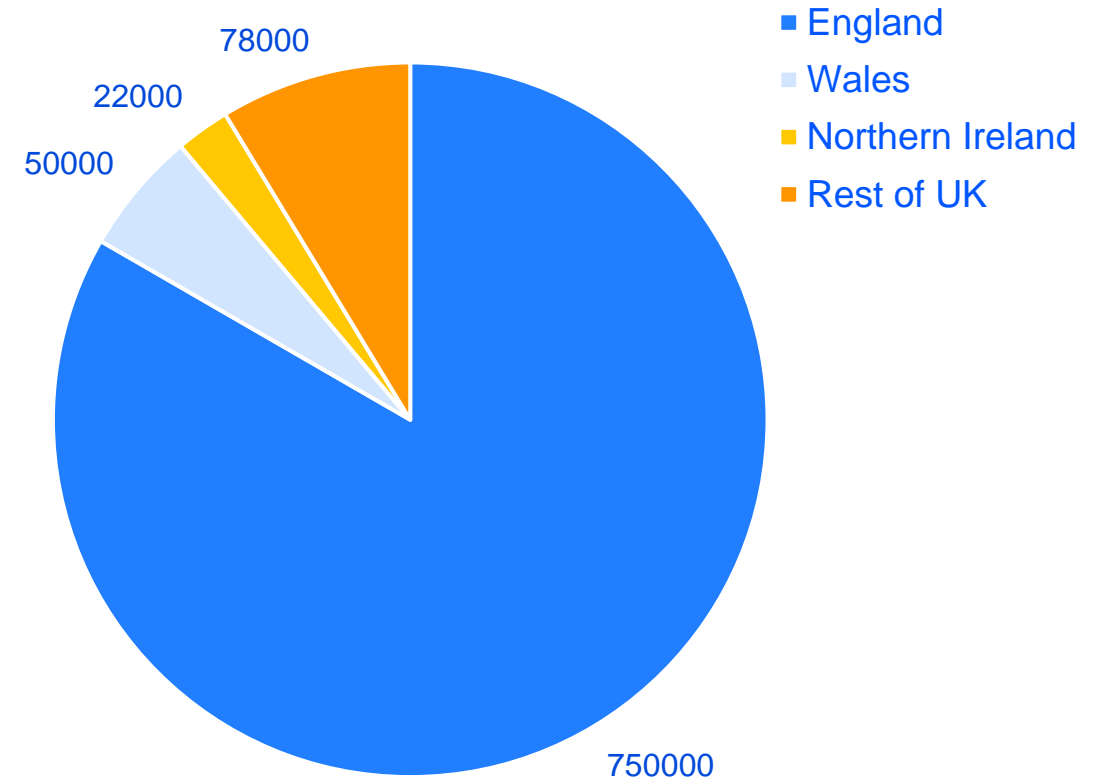
# Dementia myth-busting

1. 1 in 3 people develop dementia. Is that one person every:
  - a) Three days
  - b) Three hours
  - c) Three minutes

# Dementia myth-busting

900,000 people currently live with dementia in the UK.

This will rise to nearly **1.6 million** people by 2040.



# Dementia myth-busting

## 2. Who can develop dementia?

- a) Anyone
- b) Only older people
- c) Only women

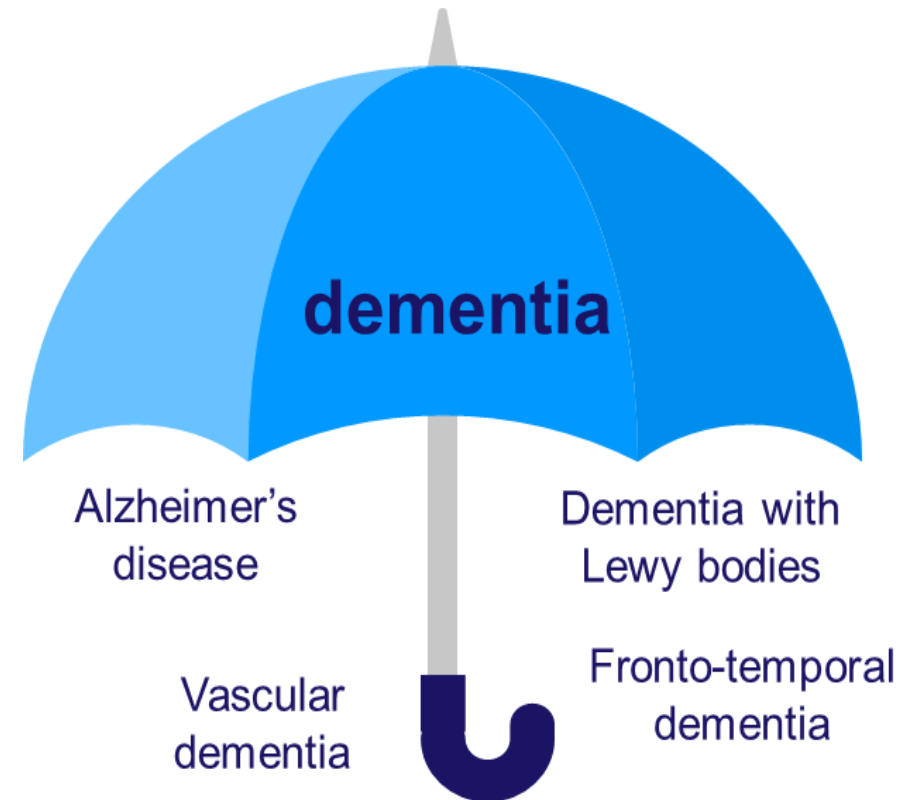
# Dementia myth-busting

## 3. What causes dementia?

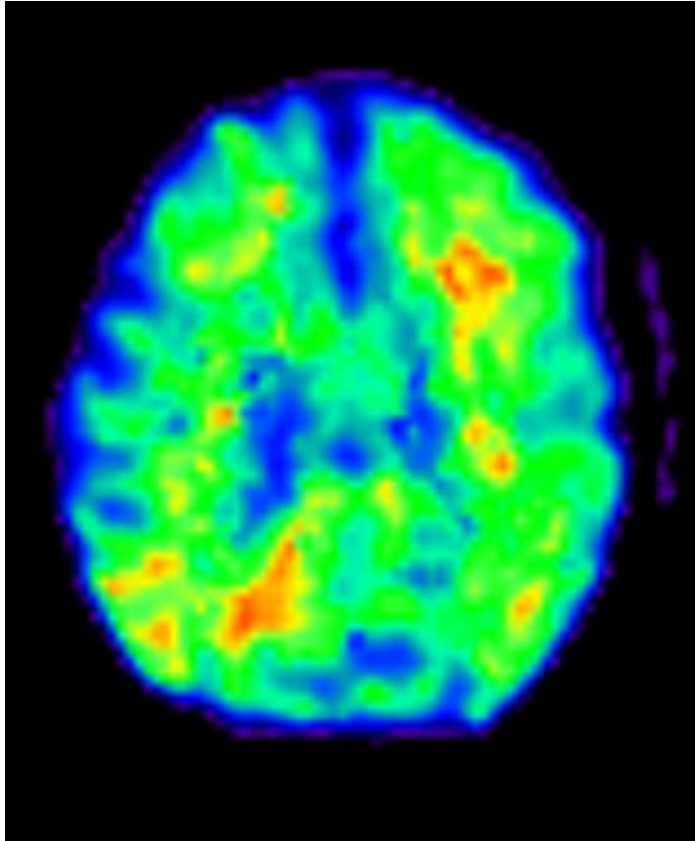
- a) Ageing
- b) Diseases of the brain
- c) A contagious illness

# Common types of dementia

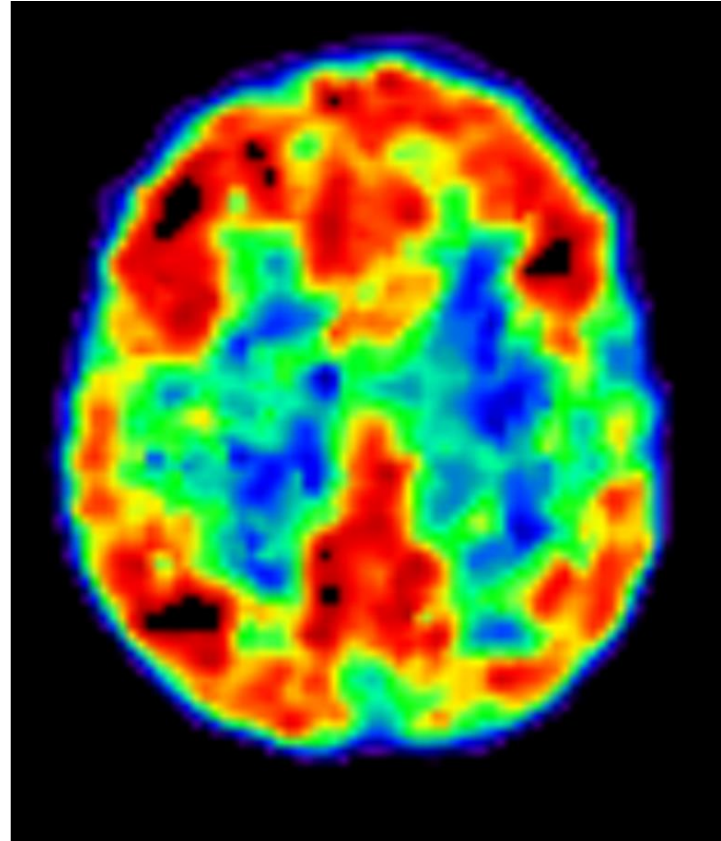
- Alzheimer's disease
- Vascular dementia
- Dementia with Lewy Bodies
- Parkinson's disease dementia
- Frontotemporal dementia
- Mixed dementia



# Dementia and the brain



Healthy brain



Brain with Alzheimer's disease



# Dementia myth-busting

4. Dementia is all about losing your memory.  
True or False?

a) True

b) False

# Symptoms of dementia

- Difficulty learning new information
- Forgetting recent events or names
- Repeating the same question
- Struggling to find the right word
- Difficulty judging distances
- Difficulty with visual perception
- Difficulties with decision-making
- Changes in mood and inhibition
- Challenges with motor skills
- Difficulties with sequencing

# Dementia myth-busting

5. Which of the following statements are true:

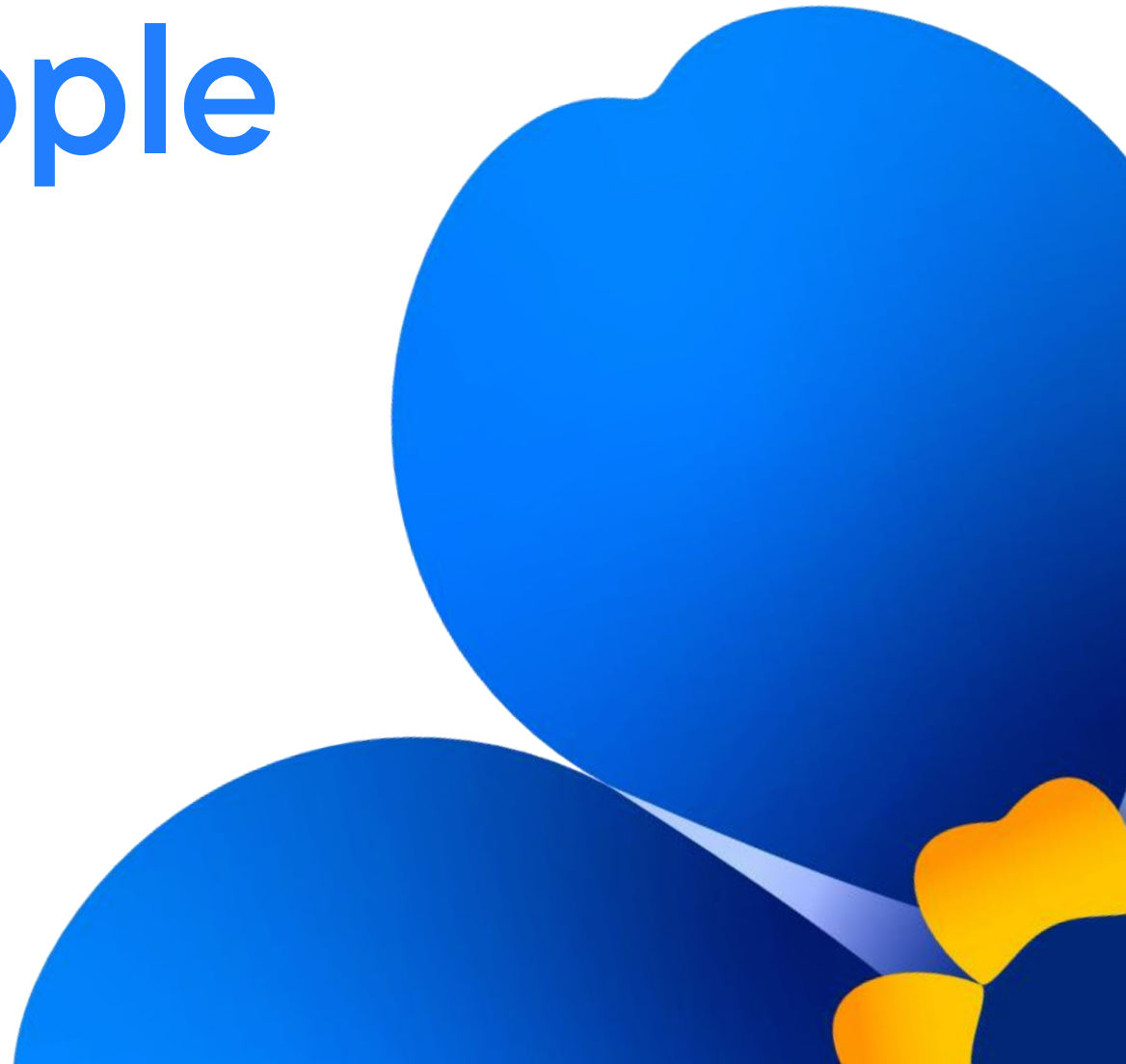
a) We are close to a cure for dementia

b) Dementia is a disability

c) Over 90% of people with dementia have at least one other health condition

d) Everyone with dementia has been diagnosed

# Supporting people with dementia



# Changes people face

Preventing Well

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Diagnosing Well

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Supporting Well

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Living Well

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Dying Well

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Getting a diagnosis

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Adjusting to life with dementia

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Needing greater support with care

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Hospitalisation

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Needing a new home

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End of life

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“Within half an hour I had forgotten what had happened.”

“Create a check list to help us remember.”

“I frequently feel invisible –include me in your conversations and decisions, don’t ignore me or talk over me.”

“I want to be treated as I was before my diagnosis – with respect.”

“Our moods can vary throughout the day.”

“I feel better in the mornings than I do in the afternoon.”

“Don’t rush me - things take me longer to do and absorb, I get flustered and anxious.”

“Be calm and understanding - I can’t help it if I ask the same question more than three times!”

“Sit down and really listen.”

“Treat us like adults.”

“Give me more of your time, have a laugh with me and share a pint – as time is probably not on my side.”

# Supporting people

- Listen and clarify what you have heard
- Reduce distractions
- Speak at a slower pace and in short sentences
- Avoid jargon
- Ensure your body language matches what you say
- Use aids and visual clues

# Key reminders

- Each person who has dementia is unique.
- There is usually meaning behind the way someone communicates with us.
- A person living with dementia will often remember how we made them feel, even if they forget what we said or did.



# Signposting

## Support for residents

- Dementia Support Line: 0333 150 3456
- Local dementia services:
  - Adult Social Care
  - Local dementia directory
  - [www.alzheimers.org.uk/find-support-near-you](http://www.alzheimers.org.uk/find-support-near-you)



**Dementia support line**

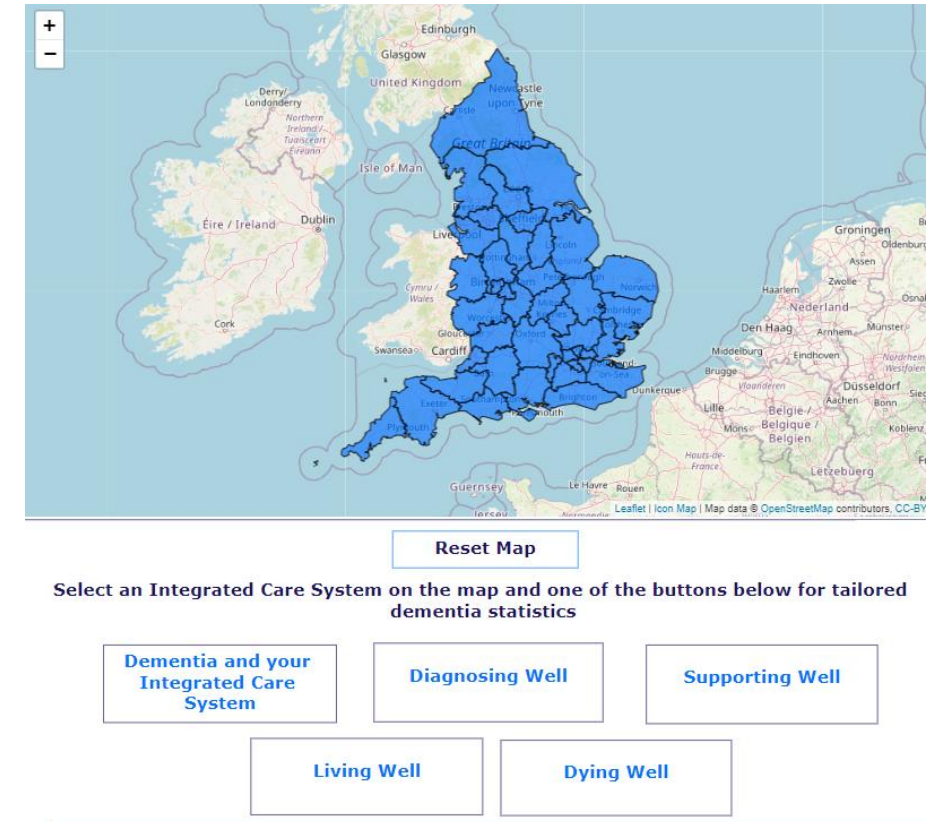
**0333 150 3456**

Our dementia advisers are here for you.

# Signposting

## Information resources

- Local dementia diagnosis rates:
  - NHS Digital <https://digital.nhs.uk>
  - Local dementia statistics webpage
- [www.alzheimers.org.uk](http://www.alzheimers.org.uk):
  - Information for Councillors webpage
  - Resources for engaging with people living with dementia
  - More information about dementia!



# Questions and discussion