



Dementia Friends

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Outline

- What is Dementia Friends?
- 5 Key messages
- Activity: broken sentences/ an everyday activity
- Recap of 5 key messages
- Turning Understanding into Action

What is Dementia Friends?

- Get by with a little help from your friends
- Small things make a big difference to people with dementia
- Social action movement: target to reach 1 million dementia friends by 2015
- Funded by the department of Health England and the Cabinet Office

What is Dementia Friends?

- By the end of the session you will:
 - **Know the 5 key things that everyone should know about dementia**
 - **Turned your understanding into action**
 - **Understand the role you can play in creating age-friendly communities**

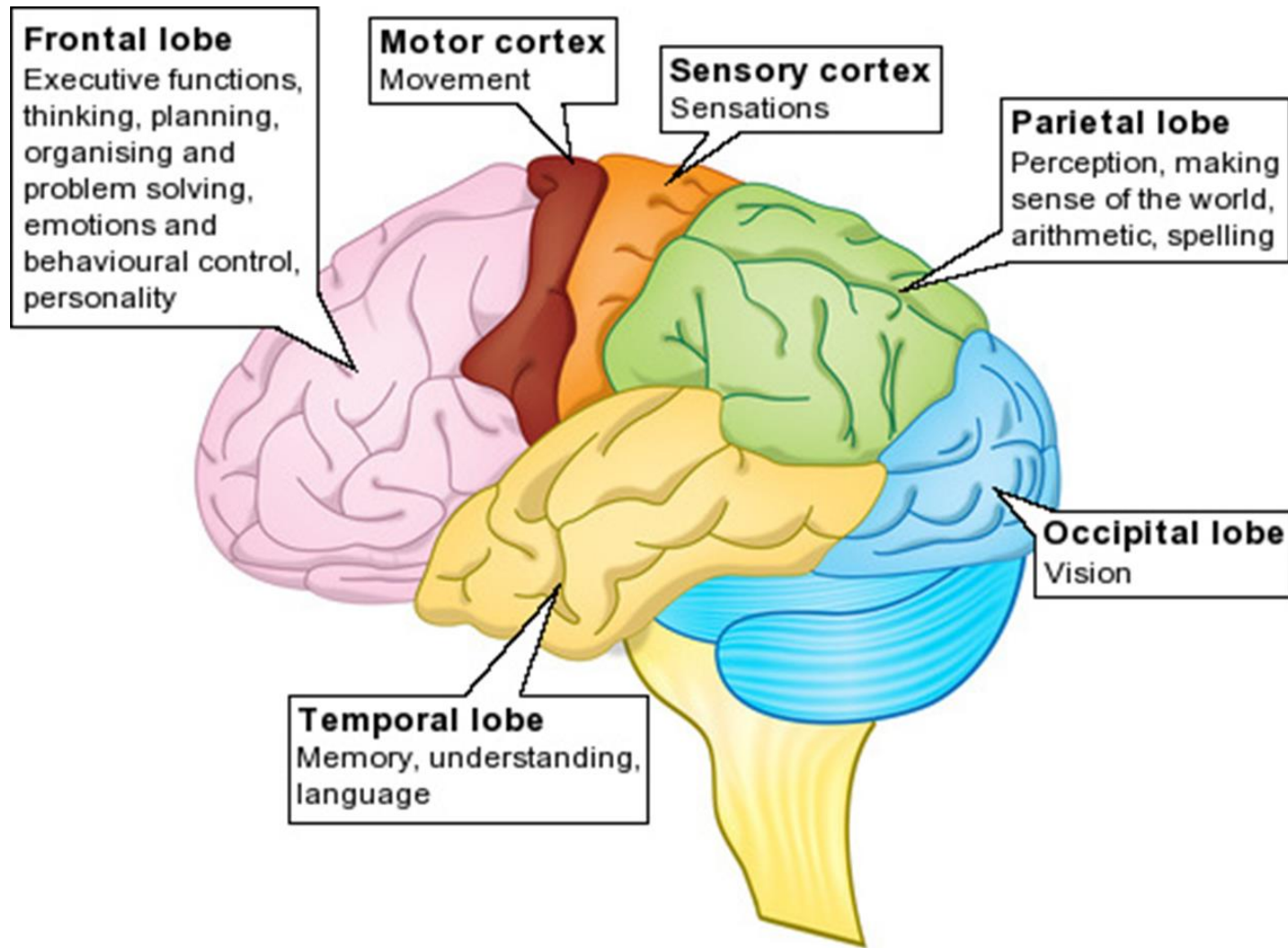
5 Key Messages: What is Dementia?

- 1) Dementia is not a natural part of getting older:
 - Most older people do not have dementia
 - We can expect our memory to deteriorate a little as we get older
 - Dementia doesn't just affect older people
 - We all get forgetful at times, it doesn't mean we have dementia

– 2) Dementia is caused by diseases of the brain

- Dementia is an umbrella term and describes a range of symptoms
- These symptoms happen through damage to the brain
- The most common cause of this damage is Alzheimer's Disease

– 3) It's not just about memory loss...



– 4) It's possible to live well with dementia

- Dementia affects everyone differently
- Living well means different things for different people
- Dementia does bring challenges, but despite these challenges it is still possible to live well
- Especially with support and understanding

– 5) There is more to the person than the dementia

- Dementia is just part of someone's life not all of it**
- 'I am more than a piece of paper' (member of SDWG)**

Activity: Match the broken sentences

The bookcase Analogy

- Shelves are periods of your life, top most recent
- Each book represents a memory or skill
- Dementia rocks the bookcase and books fly off
- As dementia progresses my upper shelf will empty: my memories will come from further down



- Different parts of the brain are affected differently
- **Hippocampus:**
Factual & biographical info = faces, names, numbers etc.
Bookcase made of plywood, lots of books will fall off
- **Amygdala:** emotions & feelings, bookcase made of solid oak



Activity: An Everyday Activity

Making a Cup of Tea

- What functions of the brain are required?
- Movement
- Vision
- Coordination
- Logic
- Sequencing
- Memory

Recap on 5 key messages

- 1) Dementia is not a natural part of ageing
- 2) Dementia is caused by diseases of the brain
- 3) Dementia is not just about memory loss
- 4) It is possible to live well with dementia
- 5) There is more to a person than dementia

Turning Understanding Into Action

- What does dementia friendly mean to you?
- Referring to people as living with dementia

Negative Language	Positive Language
<p><u>Dementia Sufferer</u></p> <p>Implies: Woe, Misery, Victim Result: Pity, Feeling of sorrow towards the person Outcome: Patronising, Not allowing person be self sufficient, taking over tasks.</p>	<p><u>Person with dementia</u></p> <p>Implies: Living with dementia Result: See the person, Their Abilities, experiences, history Outcome: Talk with person, engage with help, involve person.</p>
<p><u>Wandering</u></p> <p>Implies: Aimless movement Result: Assumption that there is no purpose or intention other than to walk Outcome: Ignore the intention, redirect</p>	<p><u>Walking</u></p> <p>Implies: a positive action with purpose Result: Consider the purpose or unmet need. Outcome: Compassion, Investigation, Acknowledgement</p>
<p><u>Aggressive</u></p> <p>Implies: angry, dangerous, unpredictable Result: fear, take offence Outcome: Avoidance, Defensive, Offensive</p>	<p><u>Frustrated</u></p> <p>Implies: a person who may be unhappy or needs engagement. Result: Consider why the person is feeling that way Outcome: assess the person's needs, offer support, help.</p>

Turning Understanding Into Action

- Being patient in a queue if someone is struggling ahead of you
- Spread the word: wear your dementia friends badge
- Volunteer with an organisation that helps people with dementia

Congratulations!! You are all now Dementia Friends!!



More information:

<http://www.dementiafriendsscotland.org/>

www.alzscot.org





Making sure nobody faces dementia alone.