

# Dementia

## Symptoms:

Memory loss  
Disorientation to time and place  
Difficulties with 'activities of daily living'  
Problems with speech and understanding  
Impaired judgement  
Behaviour/mood changes  
Loss of interest and initiative  
Disturbed sleep  
Agitation and restlessness  
Confusion  
Delusions /Hallucinations

## Types

Alzheimer's  
Vascular Dementia  
Lewy Body Dementia  
Frontal temporal Dementia  
(There are over 100 different types)

# Communication

**Communication is how we express ourselves. Losing the ability to communicate can have devastating effects on a person's well-being, on their relationships, on their ability to access services, on their ability to control aspects of their life and on the level of independence achieved, ultimately affecting the individuals quality of life.**

Non-verbal interaction is often the most important communication channel for people with dementia.

Always assume that a person with dementia understands, at some level, any comments made in their presence.

## What can affect communication?

- General Health
- Memory loss
- Noise
- Your approach

## Communication DO's

- Gain the persons attention by using their name, establish eye contact
- Identify yourself and say you're here to help
- Speak slowly and clearly
- Keep questions simple and to the point
- Give the person time to respond, repeat the question and rephrase if not understood

## Communication Don'ts

- Argue with the person
- Use long complicated words/sentences
- Ignore the person
- Finish peoples sentences
- Become upset if the person repeats themselves

## Useful Websites

- Public Health England. Prevalence of Dementia in Population Groups  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/465274/De](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/465274/De)
- Prime Minister's challenge on dementia 2020  
<https://www.gov.uk/government/publications/prime-ministers-challenge-on-dementia-2020>
- Alzheimer's Society, Dementia 2014 report statistics  
<https://www.alzheimers.org.uk/statistics>
- Alzheimer's Research UK  
<http://www.alzheimersresearchuk.org/>
- The Kings Fund Dementia Friendly Physical Environments Checklists  
<https://www.kingsfund.org.uk/publications/hospital-activity-funding-changes?qclid=CJ6cv7q479ICFcYp0wodwa4N3Q>
- Dementia Care Matters  
<http://www.dementiacarematters.com/assets/files/ChecklistMandL.pdf>
- Stirling University  
<http://dementia.stir.ac.uk/design>
- National Museums Liverpool  
<http://www.liverpoolmuseums.org.uk/learning/projects/house-of-memories/>
- Tunbridge Wells Museum & Art Gallery  
<https://www.museumsassociation.org/download?id=1150803>
- Museum Association  
<https://www.museumsassociation.org/museums-change-lives/15012015-museums-change-lives-case-study-dementia>

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