

Dementia

HELPLINE - 0300 1233088

Dementia is a complex condition and much has been documented about it. This is but a brief fact sheet about the subject. If it is a condition affecting you, a family member or a friend do also refer to books, articles, the internet and of course your medical practitioners.

What is dementia

Dementia is a term used to describe a collection of symptoms that occur when certain diseases or conditions affect the brain. The symptoms will depend upon which condition is causing the dementia and which parts of the brain are affected. There are over 200 sub types of dementia. The most common are Alzheimer's disease and vascular dementia.

Common symptoms

- Problems with memory
- Problems with thinking skills
- Disorientation
- Struggling to follow things
- Mood and personality changes

If problems like this are affecting your daily life it is worth seeking the advice of your Gp.

BEING FORGETFUL OR EXPERIENCING ANY OF THE ABOVE DOESN'T NECESSARILY MEAN THAT YOU HAVE DEMENTIA.

www.thegamekeeperswelfaretrust.com enquiries@thegamekeeperwtrust.com

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Making a diagnosis

Your Gp may carry out some simple tests. This may identify what the problem may be. They may need to refer you to a memory clinic or consultant for a further assessment.

If you are given a diagnosis of dementia this may lead to many feelings and emotions for you and those around you. Health professionals, dementia organisations and written articles may all help you to make sense of your diagnosis. The Gamekeepers' Welfare Trust has volunteers who are also there to help you and those closest to you with the issues that you may be facing. Talking to somebody who is not family or friend can sometimes be an asset.

Treatment

Whilst there is currently no cure for dementia there are ways in which symptoms can be lessened. There are also many ways in which the world around you can be managed.

Dealing with your diagnosis

Each person will experience dementia in their own unique way. The following books and websites may be helpful:

- DEMENTIA UK has a website which helps families who face dementia. It gives useful information about "what is dementia", "types and symptoms" and "getting a diagnosis"
- ADMIRAL NURSE DEMENTIA HELPLINE. Free on 0800 8886678 for anyone with a question or concern about dementia
- AGE UK a good website about dementia and all other issues affecting the elderly.
- NATIONAL DEMENTIA HELPLINE/ALZHEIMER'S SOCIETY alzheimers.org.uk.
Tel; 0300 222 1122
- NHS. nhs.uk/conditions/dementia. This is the government's website

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- LIVE BETTER WITH DEMENTIA..... dementia.livebetterwith.com. A company on the Internet which provides products which help dementia sufferers eg books, eating and drinking aids, clothing, mobility, sleeping and calming.
- DEMENTIA: THE ONE STOP GUIDE by June Andrews. Practical advice for families, professionals and people living with dementia and Alzheimer's Disease. £7.19. Very positive reviews on Amazon.
- MARRIED TO ALZHEIMER'S : A LIFE LESS ORDINARY WITH TONY BOOTH. Rider books £12.99
A book written by his widow. The last chapter "Things I wish I'd known" gives some good advice to carers.
- AMAZON. Write "dementia" into the search box to access sites which sells amongst many other things special clocks, activities and aids.
- THE GAMEKEEPERS WELFARE TRUST. thegamekeeperswelfaretrust.com. For help and support which could include financial aid.

Reducing the risk of experiencing dementia

Following a healthy lifestyle has been shown to lower the risk of experiencing dementia.

- Eat a varied diet with lots of fruit and vegetable
- Reduce salt intake
- Drink alcohol in moderation
- Stop smoking
- Exercise regularly
- Enjoy an active life with plenty of interests
- Check blood pressure and cholesterol

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