

Portishead wellbeing workshops

Dementia and falls prevention

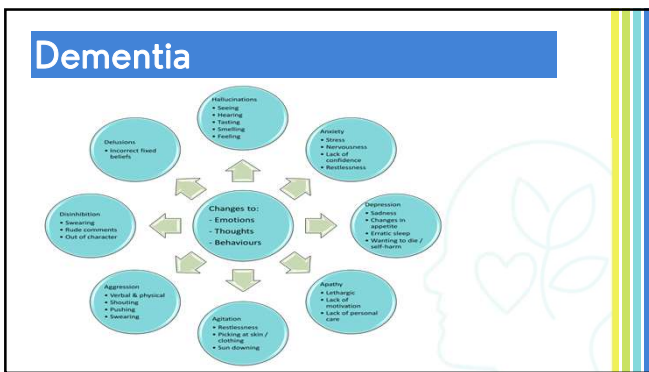
20 March 2024

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What Is Dementia?

- Dementia is an umbrella term for many different conditions that affect the brain.
- It is caused by physical changes in the brain. We are still learning about causes of dementia, but we know that genes, age and lifestyle can influence these changes.
- Someone with dementia may experience changes to their memory, attention, language or problem-solving abilities.
- There are more than 100 types of dementia; the most common types are Alzheimer's disease, Vascular Dementia and Mixed Dementia.
- Approximately 950,000 people in the UK live with dementia.
- Each person's journey is individual, but many people experience similar symptoms.

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Diagnosis

- Raise concerns over memory or processing function with a GP.
- A GP should do some simple memory tests and talk through any struggles.
- Having a family member present can be helpful.
- GPs can diagnose dementia from these tests or refer to the Memory Service for further tests / scans.
- Upon diagnosis, information should be provided about accessing further help and support locally.

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Living With Dementia - Tips

- Keep items in an obvious, visible and habitual place
Where did I put my keys?...
- Declutter your home so it's easier to find things
- Make sure hearing and eyesight have been recently tested
- Let people know your memory is not as good as it used to be
- Use a medication dosette box or a pivotelle

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Living With Dementia - Tips

- Write things down and set reminders, consider using a memlabel device
- Utilise GPS trackers
 - Trackers help maintain independence and safety whilst keeping you active
- Utilise Smart Technology
 - E.g. Alexa can let you know the time, record messages and set reminders
- Contact the Telephone Preference Service - **0345 070 0707** to prevent nuisance calls

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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Be Physically Active

- Physical exercise is good for the **body** & good for the **mind**.
- Research shows that physical activity helps with mild depression and protects from anxiety.
- Short periods of activity (walking, housework or gardening) help people to feel more alert, calmer, and content.
- Physical exercise can help you sleep better.




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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Eat Healthily

- Eating a Mediterranean diet including fruits, vegetables and lots of colours is very good for general health.
- Eat less processed and sugary foods
- Eat less meat and more fish.
- Stay hydrated – consider measured drinks bottles or jelly drops.



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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Stop Smoking

- Smoking is known to **increase risks for vascular dementia** and is best avoided.






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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Reduce Alcohol

- Excessive alcohol consumption **increases a person's risk of developing dementia**.


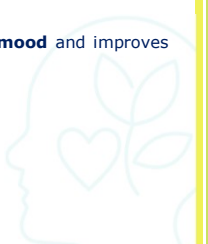
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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Stay Mentally & Socially Active

- Connecting with other people can help **lift mood** and improves wellbeing.

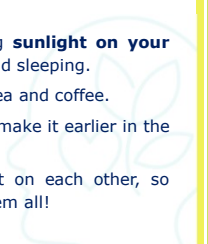
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Living Well With Dementia

6 ways to reduce the impact of the diagnosis

Manage Your Sleep

- Getting outside in the morning and getting **sunlight on your skin** helps set the daily rhythm of waking and sleeping.
- Avoid caffeine** containing drinks, such as tea and coffee.
- Try to **avoid naps**. If you really need one - make it earlier in the day and only for a short period.
- Sleep, exercise and nutrition** all impact on each other, so making changes in one area can improve them all!



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Keeping Active with Dementia

The benefits of being active




- Reduced risk of heart disease
- Reduced risk of cancer
- Reduced risk of Diabetes
- Improved mood
- Improved confidence
- Improved sleep
- Improved mobility and reduce risk of falls
- Helps you do more day-to-day activities
- Offers the chance to socialise
- Helps to keep bones strong



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Keeping Active with Dementia

Types of activity

-  - Cardiovascular
-  - Strength and flexibility
-  - Balance



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Keeping Active with Dementia

Barriers to activity

- Low mood
- Lack of motivation
- Struggle to access exercise
- Struggle to follow instructions for exercise
- Anxiety – social interaction, falls etc
- Concern about safety due to other health conditions

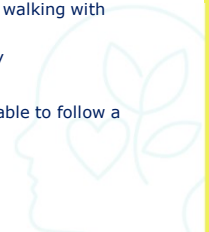


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Meet Anne



- Recently diagnosed with mild dementia
- Previously enjoyed going walking with friends
- Losing confidence socially
- Worried about falling
- Concerned she won't be able to follow a walking route



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How Anne Got Active



- Gave advice and support with her diagnosis
- Practiced a regular walking route
- Balance exercises at home

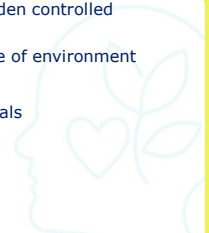


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Meet Jane




- Moderate Dementia
- Recently moved to a warden controlled flat
- Anxious about the change of environment
- Choosing not to socialise
- Struggling to prepare meals



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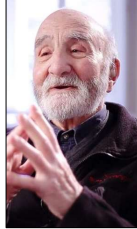
How Jane Got Active



- Exercise to music
- Problem solving in the flat
- Sessions with a dog
- Now feels confident to join activities and go out in the gardens

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Meet Ralph



- Significant dementia
- Previously liked football
- Loves his Granddaughters
- Slept a lot
- Mobility limited due several other conditions
- Several falls

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How Ralph Got Active



- Engaged with grandchildren
- Seated football and tennis
- Stacking the wine rack!
- Exercises to challenge fitness, strength and balance
- Now he is alert for longer and has not fallen for 3 months

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Reducing the Risk of Falling

- Work on your strength and balance
- Home environment
- Assistive technology
- Footwear
- Vision and hearing checks
- Medication review
- Food and fluid intake (including alcohol!)
- Sleep
- Bladder and bowel changes

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What Can You Do?

- People with dementia can exercise!
- Adapt the exercise to make it functional
- Use things that are of interest
- Keep instructions simple
- Consider timings and prioritise activities
- Consider group or individual exercise
- There are lots of groups who can help...

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Living With Dementia

Support available – NHS Talking Therapies

- NHS Talking Therapies Service offers Cognitive Behavioural Therapy (CBT)
- This is different to counselling but provides supports to help people manage negative feelings
- NHS Talking Therapies is designed as the first point of access into the wider mental health system, and they can refer on




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Living With Dementia

Support available – NHS Talking Therapies

Our easy 3 step approach

- 01** Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.
- 02** You will be assessed by a friendly member of our team. Together, we will agree the best support for you.
- 03** A fully qualified therapist will support you throughout your treatment.

Referral Routes

- ✔ Online Form/ Digital Assistance Robot
- ✔ Phone **0333 200 1893**
- ✔ Professional Assisted Referral

Opportunities to Request Adaptations

- ✔ Interpreters
- ✔ Length/format of appointments
- ✔ Adjustments for disabilities and/or learning needs.

* Veteran and Perinatal Priority into our Services *

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Living With Dementia

Local groups

Jubilee Hall:
1st & 3rd Tues, 2.15pm- **Portishead Memory Café**

Lighthouse Café (St Nicolas Church):
Last Tues, 10.30am – **Careers Group** *(With separate activities for the cared)*

Waverley Court:
Weds, 10.00am – **Alive Activities Dementia Meeting**

Poacher Pub:
1st Fri, 11.00am – **Alzheimer's Society Dementia Friendly Drop-In**

The Alzheimer's Society also run Activ8 for those under 70 and Motiv8 for those over 70 living with dementia, if you are registered with them.

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Living With Dementia

Movement classes

Age UK:
Mon, 11.30am – **Movement to Music** at the Methodist Church
Tues, 11.30am – **Movement to Music** at the Methodist Church
Weds, 2.00pm – **Tai Chi QiGong** at the Methodist Church

Walnut Grove Clinic:

- Tues, 2.00pm – **Seated Pilates**
- Weds, 10.00am – **Healthy Hearts**
- Weds, 11.30am – **Structured Movement Therapy**
- Weds, 12.30pm – **Structured Movement Therapy**
- Weds, 2.15pm – **Better Breathing** (GP Referral)
- Thurs, 10.30am – **Senior Strong** with coffee & chat
- Thurs, 1.15pm – **Seated Pilates**

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Free wellbeing workshops

for residents of Portishead

End of Life Conversations

Wednesday 17 April
7pm - 9pm
The Folk Hall, High Street, Portishead

Immerse yourself in enriching presentations focused on crucial end-of-life choices including wills, funeral arrangements, and organising financial and health power of attorney as well as deeper conversations about where you'd choose to die if you had a terminal diagnosis and how to communicate your wishes to loved ones.

Unlock insights and guidance to navigate these important matters with clarity and confidence.

Book your seat today!
wellbeing@portishead.gov.uk / 01275 847 078

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Q and A's

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