

# Portishead wellbeing workshops

## Dementia and falls prevention

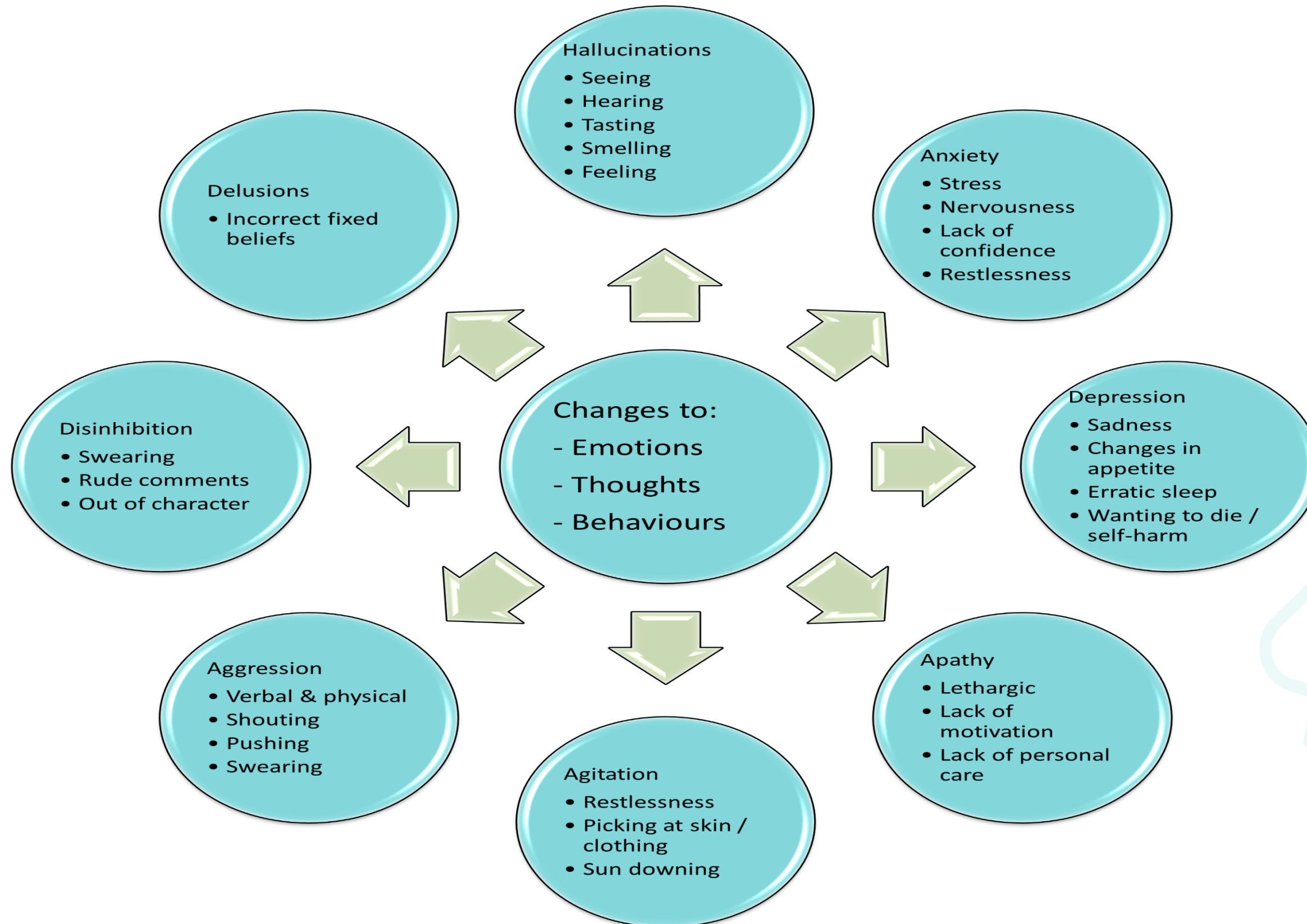
19 September 2024



# What Is Dementia?

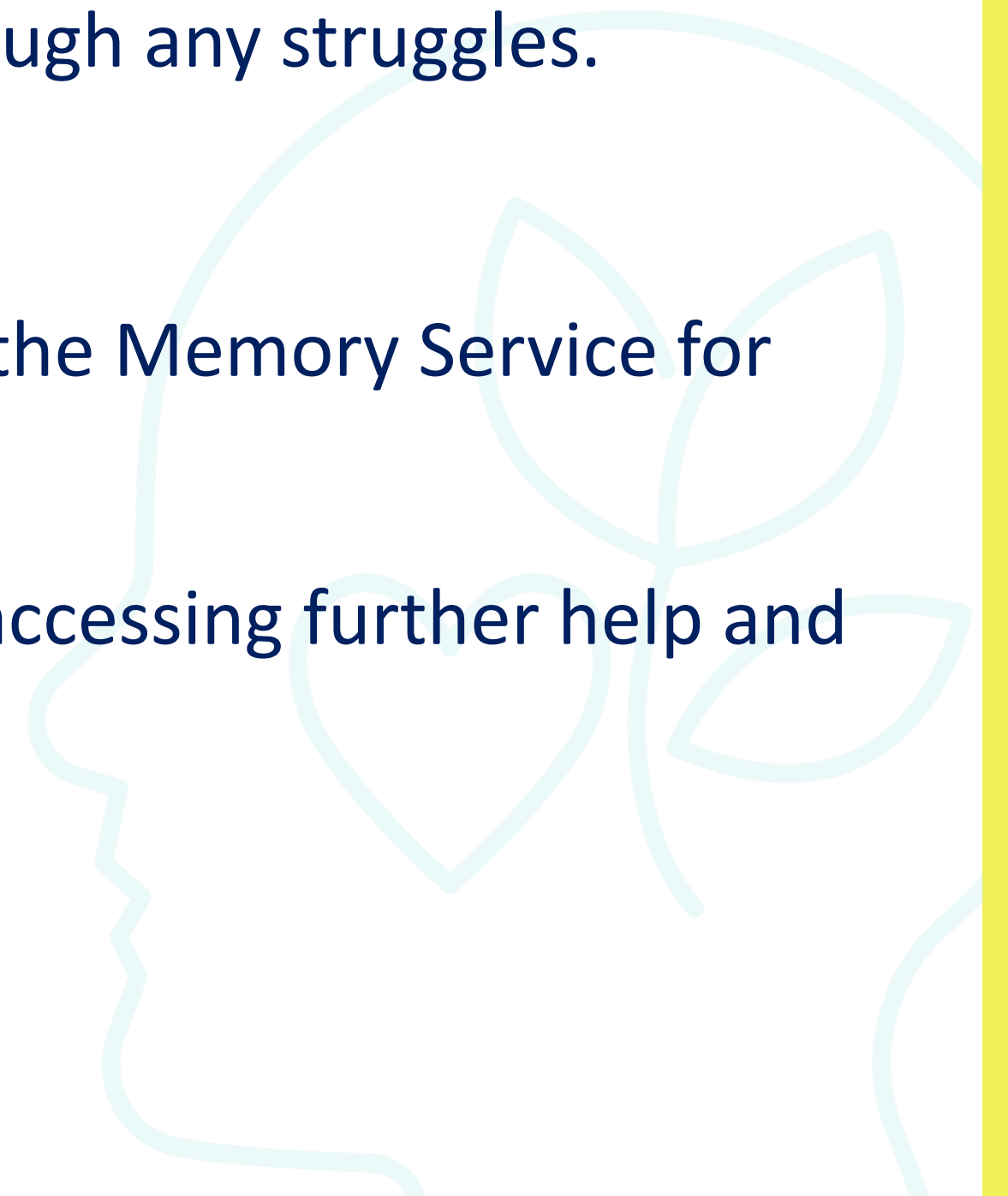
- Dementia is an umbrella term for many different conditions that affect the brain.
- It is caused by physical changes in the brain. We are still learning about causes of dementia, but we know that genes, age and lifestyle can influence these changes.
- Someone with dementia may experience changes to 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.

# Dementia



# 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.



# 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



# Living With Dementia - Tips

- Write things down and set reminders, consider using a memrabel device

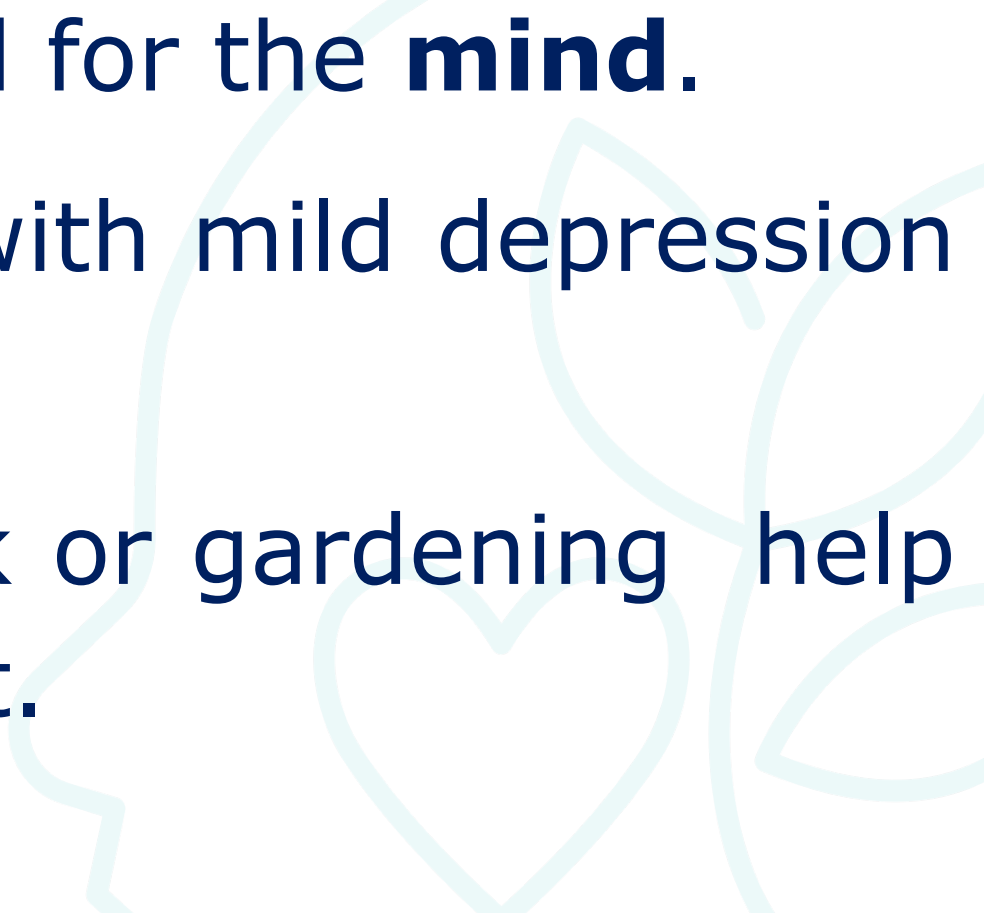


- Utilise GPS trackers
  - Trackers help maintain independence and safety whilst keeping you active
- Utilise Smart Technology
  - E.g. Alexa can let you know the time, record messages and set reminders
- Contact the Telephone Preference Service - **0345 070 0707** to prevent nuisance calls

# 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.



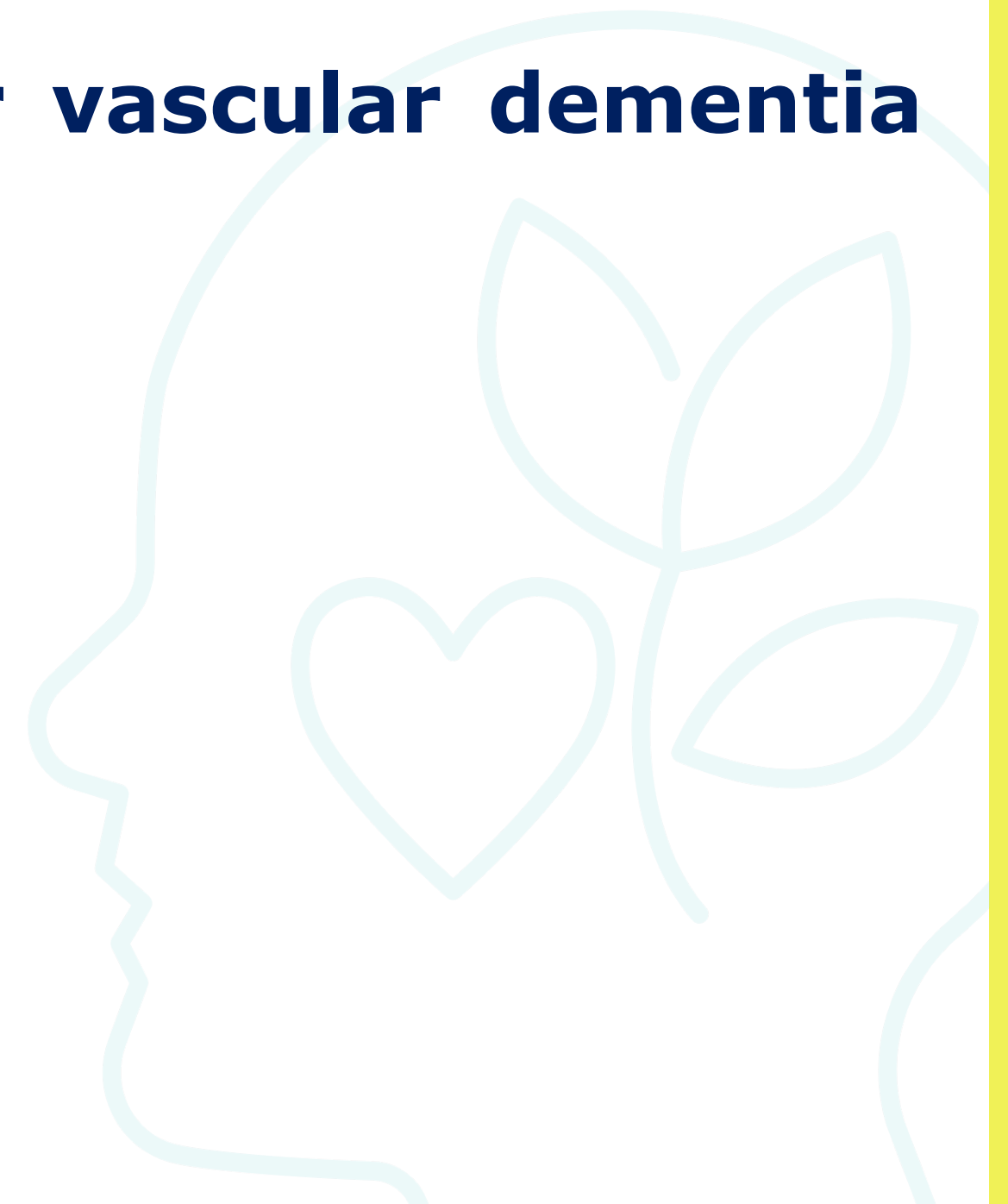


# Living Well With Dementia

6 ways to reduce the impact of the diagnosis

## Stop Smoking

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

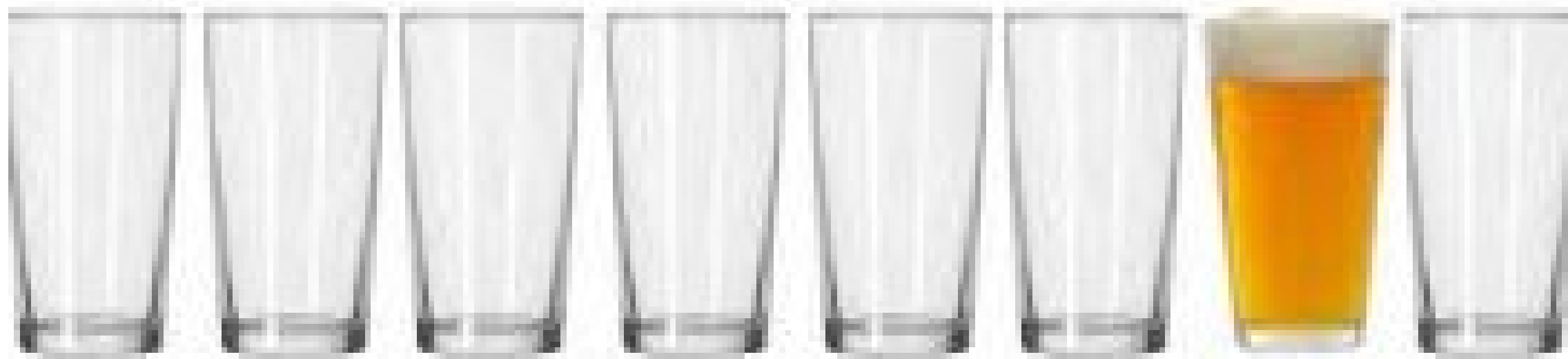


# Living Well With Dementia

6 ways to reduce the impact of the diagnosis

## Reduce Alcohol

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

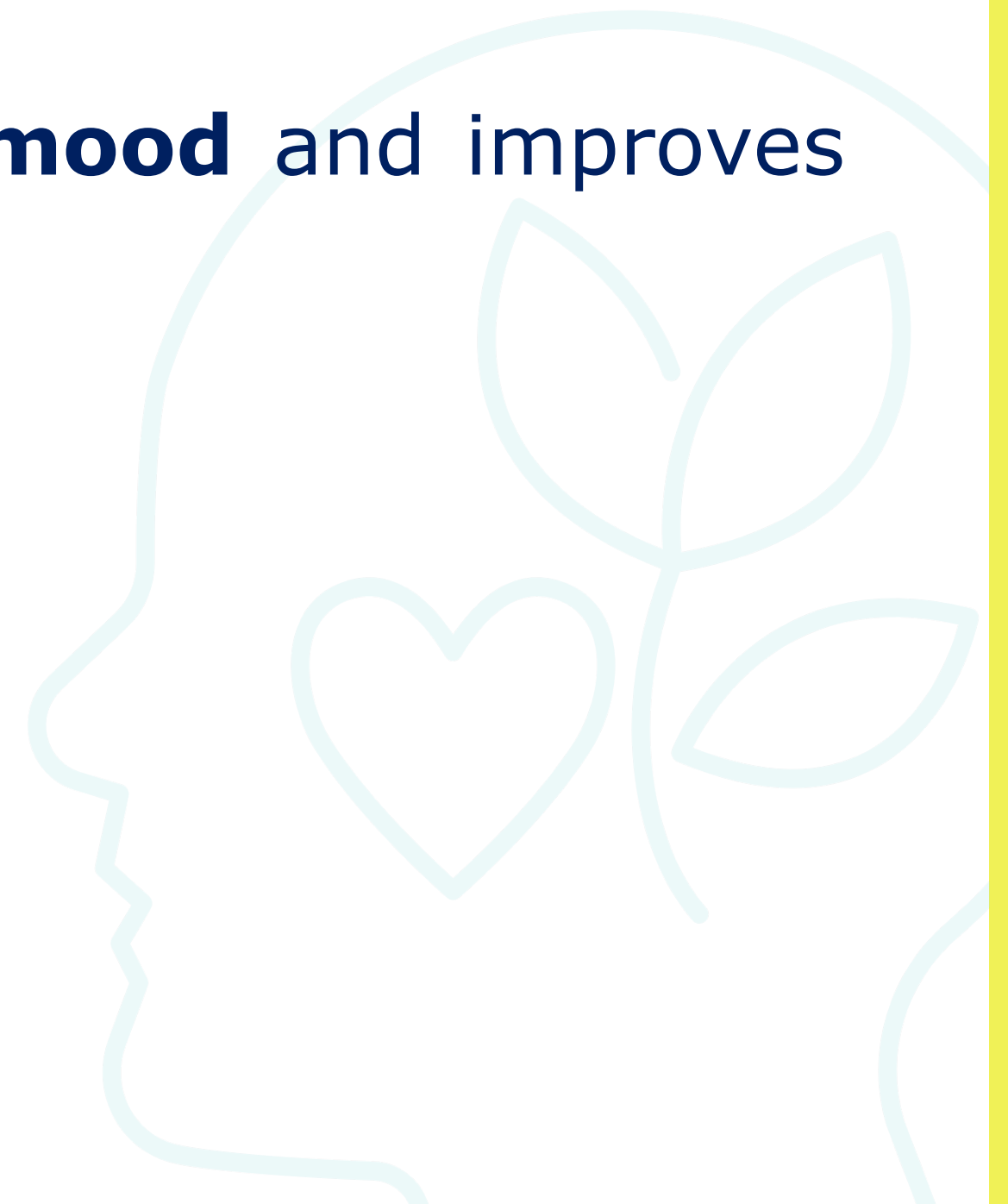


# Living Well With Dementia

6 ways to reduce the impact of the diagnosis

## Stay Mentally & Socially Active

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



# 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!

# 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



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation



# 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](tel:03332001893)



✔ 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** \*

# Living With Dementia

## Local groups

Jubilee Hall:

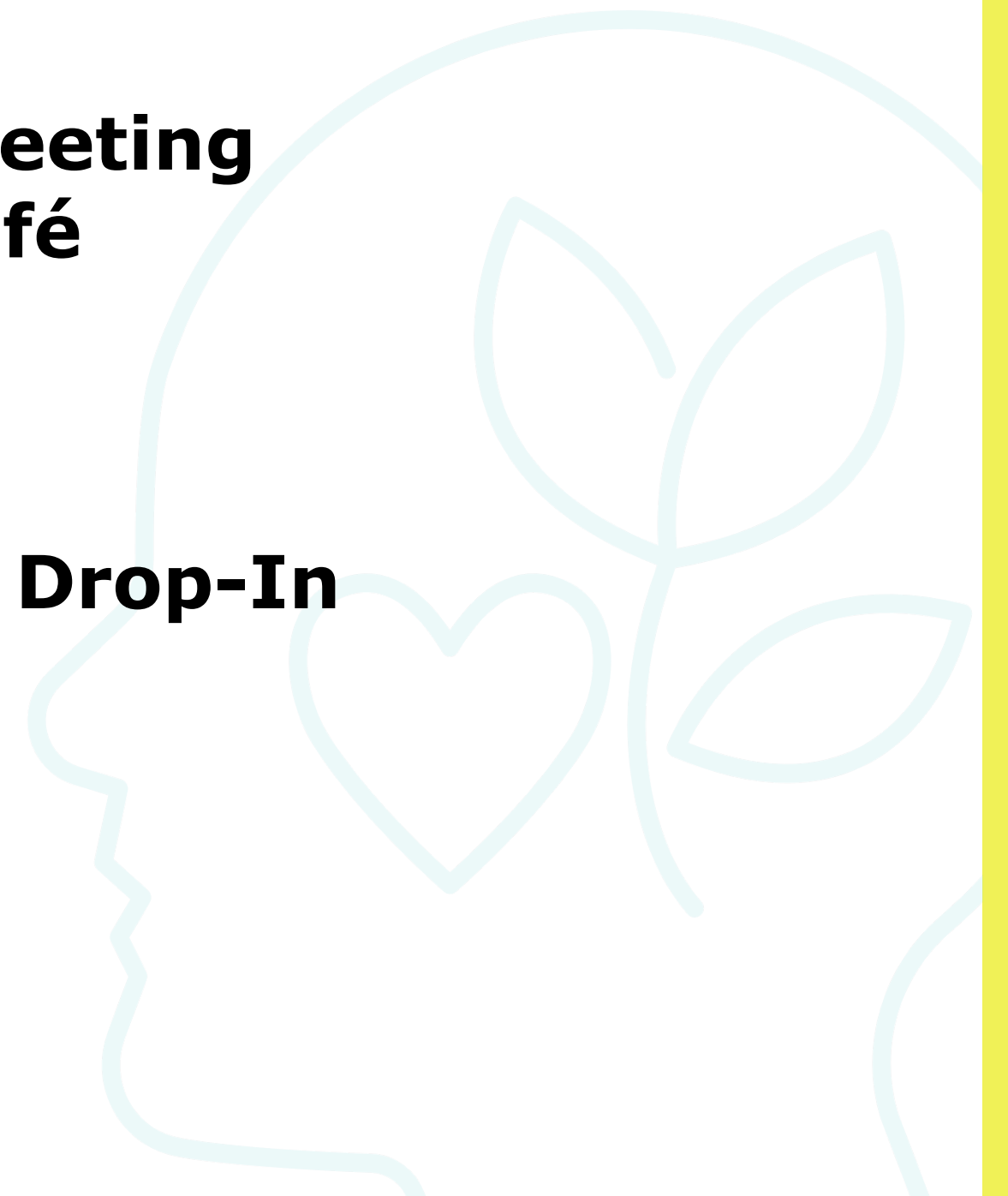
Weds, 10.00am – **Alive Activities Dementia Meeting**

1<sup>st</sup> & 3<sup>rd</sup> Tues, 2.15pm – **Portishead Memory Café**

Alzheimer's Society:

Portishead Youth and Community Centre:

1<sup>st</sup> Fri, 1:00pm – 3:00pm – **Dementia Friendly Drop-In**



# Living With Dementia

## Movement classes

Age UK:

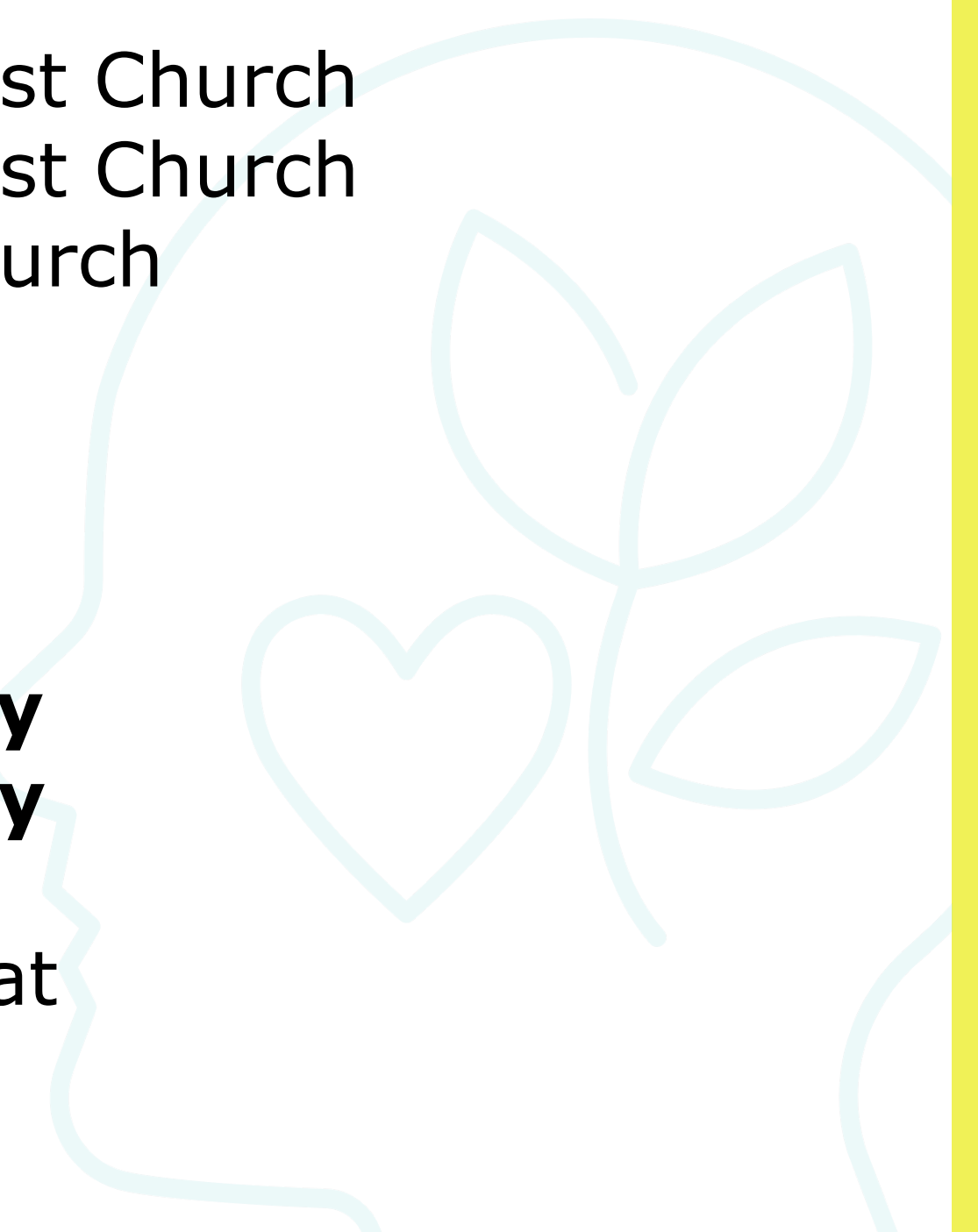
Mon, 11.30am – **Movement to Music** at the Methodist Church

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**





Q and A's

