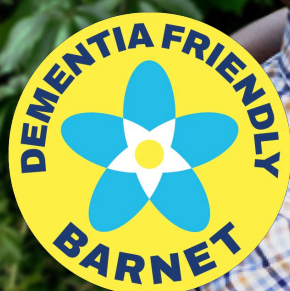


Living well with dementia in Barnet



What is dementia?



Dementia happens when the brain is damaged by diseases like **Alzheimer's**, or **strokes**. It gets worse over time. It can affect memory, thinking, speech and movement. It can make everyday activities difficult to carry out.

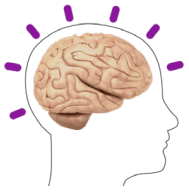


Everyone who lives with **dementia** has a different experience of it.



Understanding and knowing more about **dementia** can change how well someone lives with **dementia**.

What the words mean:



Alzheimer's - a disease that involves the parts of the brain that control thinking, remembering and language.



Assessment - making a decision with a professional about if someone has dementia and deciding together what support they need.



Communication - talking, writing, listening or reading.



Diagnosis - when a doctor tells you why you don't feel well.



Stroke - when the blood flow to part of the brain is cut off.

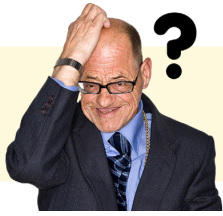
Can you do anything to stop getting dementia?



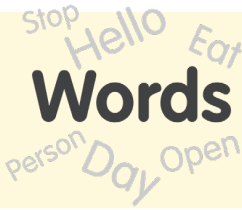
A healthy lifestyle can reduce the risk of **dementia**.

- Regular physical exercise
- Eating well and keeping a healthy weight
- Not smoking
- Don't drink too much alcohol
- Regular hearing and sight checks

Early signs of dementia



Becoming more forgetful over time.



Using the wrong words.



Problems speaking and understanding.



Having trouble carrying out every day activities.

Getting a dementia diagnosis



A lot of people wait for up to a year before getting help with dementia, because they feel afraid.

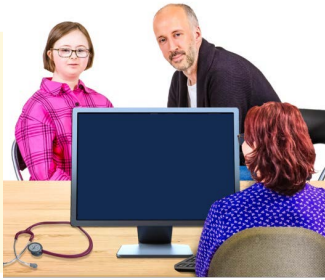


But an accurate and early diagnosis helps people get treatment.



They can also get the support they need to carry on living active lives.

Steps to a diagnosis



If you notice you have signs of dementia, or you are worried about someone else's memory, make an appointment with the doctor.



The doctor will ask a few questions about your memory and may send you for tests, such as blood tests.



If you need to, your doctor may send you for more assessments, to get a diagnosis and treatment.



After diagnosis, your doctor should make follow up appointments to check how you are getting on.

Living well with dementia.

Dementia can affect all areas of a person's life and those around them. Everyone lives with **dementia** in their own way, and with the right support you can live well with **dementia**.



Remember, having dementia can cause some difficulties in every day life, but it's not who you are.



Doing things you enjoy can help how you feel with dementia. Find out what's on near you!

Good communication is important.



Dementia will affect the person more over time. It will slowly change the way a person communicates.



Remember to use respectful language when talking to someone who is living with dementia.

Supporting a person to live well with dementia.



Be patient and gentle when communicating and use simple and short sentences.



Talk about what the person can do, and not what they can't do anymore. Support them with every day tasks when they need it.



Try not to argue.
It might be useful to agree and apologise.



What you do one day might not work the next day. Supporting a person with dementia can be hard and it's OK to make mistakes. You might not always get it right the first time.

Services and support for people living with dementia



Age UK Barnet offer a Dementia Adviser Service to provide support for the whole family. They also have a Dementia Café, singing groups, befriending and day clubs for all people living with dementia who are over 55.

Visit www.ageuk/barnet/our-services
or call **020 8203 5040**



Social Care Direct provide information, advice and support for people living with dementia and their carers.

Visit www.barnet.gov.uk/adult-social-care
email socialcaredirect@barnet.gov.uk
or call **020 8359 5000**

Services and support for people caring for someone living with dementia



Barnet Carers offer services and support for people supporting a person living with dementia, including practical advice and mental health and wellbeing support.

Visit www.barnetcarers.org



Age UK Barnet and **Barnet Carers** jointly offer a support group for those caring for someone living with dementia.

Contact adultcarers@barnetcarers.org or **020 3995 1909** to find out more.

Join the Dementia Friendly Partnership



For anyone who wants to make a difference. Find out more at:

www.barnet.gov.uk/dementiasupport

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