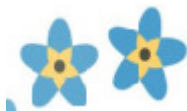


Dementia Friendly

Communities

In Bury



Helpful Hints to support your neighbours and friends to live well with dementia



Five things to bear in mind about dementia

1. Dementia is not a natural part of ageing.
2. Dementia is caused by diseases of the brain.
3. It is not just about losing your memory.
4. It is possible to live well with dementia.
5. There's more to a person than the dementia.



More and more people are diagnosed with dementia including many friends, neighbours and people we meet in our area.

People living with dementia and their carers can live well if we understand what causes stress for them. They may be confused, forgetful, distressed, struggling to find the right words or repeating themselves.

Remember that they know they are unwell, they may be frightened.

Here is how you can help.

Show respect and be patient

Treat the person living with dementia as you would wish to be treated yourself. If they do not understand, don't rush, take your time, think how they might feel; change what you are saying.

Talk directly to the person

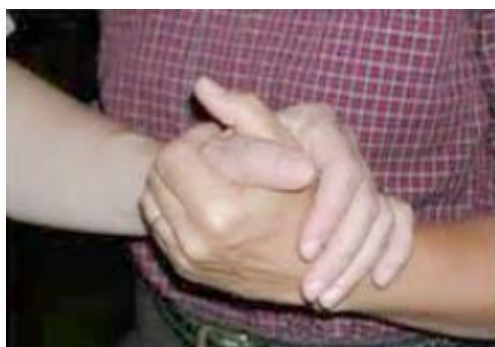
A person with dementia may need time to find the right words. Stick with it—it's tempting to move on and talk to the carer or partner which undermines the confidence of the person with dementia. Aim to avoid the "does he take sugar?" syndrome.

Consider body language

Communication is difficult so body language is important.

Smile and make eye-contact.
Be on the same level perhaps by kneeling.
Be friendly – respecting personal space.

Use this Dementia Handshake.



Speak clearly

 To be sure to be understood.

Speak calmly and slowly. Use short, simple sentences. Do not bombard with questions. If possible talk in a quiet place—reduce external noise; especially if they wear a hearing aid.

Listen

 Listen carefully.

Allow them time to find the words they need. Look for clues to find out what they are trying to say. If the person is struggling to find a word—wait, suggest one, try not to finish the sentence for them unless necessary.

Make Contact

The person living with dementia may live alone or be unable to leave the house so they may welcome a visit for a friendly chat. If there is a partner or carer your visit can give them a break. Don't be upset if the person living with dementia forgets your name or repeats themselves—it is not personal. If the offer of a visit is not accepted at first please try again.

Help someone who looks lost

It is easy for people living with dementia to become disorientated. They may forget where they live. If someone appears distressed, lost or confused—offer to walk with them, listen and see if you can help. The Community Police (0161-856-8181) are always willing to help if you cannot.



Write down contact Information—Implement the Herbert Protocol

In case of emergencies it is a good idea to have contact information of a relative or carer available. The Herbert Protocol is a national scheme which encourages carers and family members to compile key information which could prove useful if a person living with dementia goes missing.



More information can be found here : gmp.police.uk/Herbert

Be a good neighbour

We all want to be a good neighbour and this is even more important if your neighbour is living with dementia.

They may forget to put the bins out, put the wrong bin out or leave the washing on the line.

Consider offering to put bins out, do some shopping or take them shopping.



Think about "Whose reality"

For some people living with dementia, memories of the past can be very strong compared with the present and may seem more real.

The person may be talking about things and people you do not know. Try using old photographs to spark a conversation. Discuss, show an interest, while respecting their privacy. Try to agree with them—it is only a conversation.



Consider "Every day may be a different day"

For some people living with dementia, life can change from day to day.

Be aware of this as you may need to help in a different way. Allow them to maintain their dignity, self-respect and privacy. Do not take offence if they refuse help at a particular time. Be sure to continue to support. Be prepared to offer again on another occasion.



Become a Dementia Friend

Get Advice & Information. Be involved in Dementia Friendly Initiatives

Contact Bury Carers Centre, Victoria Buildings, Silver Street, Bury, BL9 0EU 0161-763-4867.

Come to a D-CaFF

Greenmount Cricket Club
Brandlesholme Road, BL8 4DX
Second Friday and fourth Tuesday of each month 1-15 pm to 3-15 pm
d-caff@greenmountvillage.org.uk

