Dementia: Recognition in Primary Care

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The aim of this session is:

- To give a basic understanding of dementia
- To give an insight into the impact dementia may have on the individual, their carer and family
- To highlight the benefit of receiving an early diagnosis
- To share recommendations from the Alzheimer’s Society that aims for people to live well with dementia
Please draw two large circles
Dementia

- Alzheimer’s
- Vascular
- Picks
- Lewy Body

- Korsakoff’s
- PCA
- Fronto-temporal
The Neuron Forest

• An adult brain contains about 100 billion nerve cells, or neurons, with branches that connect at more than 100 trillion points.

• Signals travelling through the neuron forest form the basis of memories, thoughts, and feelings.
What’s going on in my brain?

- Movement, Conscience
- Personality, Planning
- Conscious thought
- Language

Where new messages are processed & Passed on to other Areas for sorting

- Vision
- Touch
- Muscle contraction

- Hearing, Smell, Taste
- Balance, Posture, Coordination
- Breathing, Blood Pressure, Digestion
Memory as a Bookcase

Hippocampus Memory

Memories like books on a bookshelf
Stored by time
Most recent “books” on top

Person With Dementia:

Bookshelf wobbles
Top shelf “books” affected first
Progressively lower “books” fall
This carpet in a Dementia unit was mistaken for a pond with goldfish & lilies...
A lady says “there’s a mouse in the bin”
Does this floor look slippery, wet or confusing?
Under the International Spotlight

- Currently 835,000 people living with dementia
- Plans to find a cure by 2025
- Costs the economy £26 billion every year
- Estimated 670,000 people in UK act as Primary Carers
- Two thirds of people with dementia live in the community
- People with dementia not living as well as they could be
Prevalence Figures

- 835,000 people with dementia in 2014
- 24,175 people diagnosed in Essex
- 40,000 younger people with dementia
- 25,000 from black, Asian & minority ethnic communities
- Two thirds of people with dementia are women
- 1 in 6 people aged 80+ have dementia
- Only 44% of people with dementia receive a diagnosis
Quality of Life

- 72% are living with another medical condition or disability
- 27% of people are not involved in making decisions about their care and support
- 58% of people say they are living well with dementia
- 28% of people are not involved in how they spend their time
- Less than half feel a part of their community
- 40% of people with dementia felt lonely recently
- Only 1 in 10 only leave the house once a month
- 47% said that their carer received any help in caring for them
- 61% of people with dementia felt anxious or depressed recently
Dementia Diagnosis

• Too many people living without a diagnosis
• No mandatory provision of support
• 1 in 4 hospital beds occupied by a person with dementia
• 70% of people in care homes have dementia
The benefits of an early diagnosis of dementia story
by Norman McNamara
The Importance of Diagnosis for a person with dementia

- Access to information & advice
- Access to potential treatments and support services
- Better management of other health conditions
- Time to plan ahead and make informed decisions
The Importance of Diagnosis for the Health & Social Care System

• Appropriate use of local resources
• Opportunity to plan for future care needs
• Avoidance of crisis and emergency admissions
• Improved clinical management of multiple, complex conditions
Actions to Lead Improvements

• The National Dementia Strategy for England finished in April 2014.
• Prime Minister’s Challenge on dementia ends in March 2015.
• Alzheimer’s Society recommends 14 actions
Alzheimer’s Society is the UK’s leading support and research charity for people with dementia, their families and carers. We provide information and support to people with any form of dementia and their carers through our publications, National Dementia Helpline, website and more than 2000 local services. We campaign for better quality of life for people with dementia and greater understanding of dementia. We also fund an innovative programme of medical and social research into the cause, cure and prevention of dementia and the care people receive.
Action Plan

• Action 1: Diagnosis rates up to 75% by 2017
• Action 2: 12 weeks from referral to diagnosis
• Action 3: Minimum standard of support
• Action 4: Government to build on progress
• Action 5: An open debate with citizens on funding of quality health & social care
Action Plan

• Action 6: Fully integrated health & social care system
• Action 7: People with dementia and their carers must be involved
• Action 8: Mandatory training for all staff providing dementia care
• Action 9: Dementia Friendly Communities
• Action 10: Everyone to have dementia awareness
Action Plan

• Action 11: Businesses to become dementia friendly
• Action 12: Dementia research funding investment to increase
• Action 13: Access to the best care and research
• Action 14: Opportunity to participate in dementia research
Our Services in Essex

- Dementia Support
- Singing for the Brain®
- Dementia Cafés
- Peer Support Groups
- Activity Groups
- Memory Service
Dementia Support

• Home visits
• Telephone support
• Support for carers and people living with dementia through their journey
• Refer into our other support services
• Refer or signpost to statutory & other voluntary services
Dementia Cafés

- Information Provision
- Dementia Support available
- Peer Support
- Social Networking
- Guest Speakers
- Drop in – anyone welcome
Singing for the Brain®

- For people living with dementia & their carers
- Led by SFTB leaders
- Singing and gentle exercise
- Fun & interactive
- Participation & equality
- Peer Support
Peer Support Groups

- Groups for people living with dementia
- Groups for carers
- Dementia Support
- Opportunity to share in confidence in a safe environment
Activity Groups

- Stimulating, fun & inclusive
- Joint group for people living with dementia & their carers
- Peer Support
- Reminiscence Group
- Bowling Group
- Dance Group
- Walking Group
- Men’s Group
Memory Service

- Embedded within the Memory Clinics across Essex
- Highly trained Dementia Support Workers
- Offer support & information at time of disclosure
- Support for the whole family post diagnosis
- Refers and signposts internally and externally where appropriate
• Dementia Friends is an Alzheimer's Society initiative funded by the Cabinet Office and the Department of Health.
• It is a social action movement that aims to give at least a million people a better understanding of dementia.
• To date we have 563,161 Dementia Friends registered
• From helping someone to find the right bus to spreading the word about dementia on Facebook
• All our staff are trained Dementia Champions and can deliver Dementia Friends sessions
• Register online www.dementiafriends.org.uk or attend a session
Become a Dementia Friend
Thank you for listening!

Any questions?