

DEMENTIA FRIENDLY HOLLYWOOD

Newsletter / Issue 2 April 2017 #DementiaFriendlyHollywood



What has been happening in March...

We have been very busy in March with the Dementia Friendly Hollywood Project.

We met with the Hollywood Chamber of Commerce to provide some information on what our future plans are for Hollywood and developing it into a dementia friendly community. This meeting was met with great appreciation and encouragement.

We held our First Memory Café at Hollywood Library. We had a very positive turn out, so much so we have been asked to host more than one each month. We received the following feedback from one of the member:

“I am so glad we received your newsletter through the letter box yesterday. That is why we are here today, and we are both delighted we have come. To see “member” smile, chat to others, and laugh means more to me than you can imagine. Thank you for putting this initiative together, we will make every effort to attend and spread the word about this project.”

Dementia NI members reviewed our first Newsletter in March and recommended some amendments:

- A map of the various destinations where different events are hosted;
- Include the addresses of different events in Hollywood;

Next month we will be able to update our readers of the success with the befriender / volunteer recruitment and the carer support coffee morning.

Over the month of March we met with many people, mostly those caring for someone with dementia, and those people living with dementia, and local businesses. It was brought to our attention that a lot of people within our little community are unsure of the diagnosis their relative, partner, friends, have been given. Not only are they unable to understand the diagnosis, the person given the diagnosis is unsure of how dementia is and may affect them.

So.... We thought we would give a brief summary of some of the more common dementia diagnosis' out there. We hope this will be helpful and provide some valuable information to our readers.

What is dementia?

Dementia is an umbrella term to describe the symptoms that occur when your brain is affected by specific diseases and conditions.

Dementia can affect anyone regardless of their age, gender, creed, race, intellectual or social standing.

Dementia is a feelings based illness.

There are over 100 different types of dementia!!!

Signs & Symptoms of Dementia

- Memory loss
- Difficulty thinking things through and planning
- Communication problems
- Being confused about time and / or place
- Sight and visual difficulties
- Mood changes or difficulties controlling emotions

Some of the more common types of dementia are:

- Alzheimer's disease
- Vascular Dementia
- Dementia with Lewy Bodies
- Korsakoff's
- CJD - Creutzfeldt - Jakob Disease
- Frontal Temporal dementia / Picks disease

For this edition we are going to focus on Alzheimers, and Vascular dementia.

Alzheimer's Disease

Alzheimer's is the most common form of dementia. It is a neurological disorder in which the death of brain cells causes memory loss and cognitive decline. Alzheimer's is progressive over a course of time.

Signs & Symptoms of Alzheimer's are:

1. Decline in ability to take in and remember new information, such as repetitive questions or conversations, misplacing personal belongings, forgetting events, getting lost on familiar route's.
2. Impairments to reasoning, complex tasking, exercising judgement, such as poor understanding of safety risks, inability to manage finances, poor decision making ability, and inability to plan complex or sequential activities.
3. Impaired visuospatial abilities, such as inability to recognise faces or common objects, inability to operate simple implements, or orient clothing to the body.
4. Impaired speaking, reading and writing. Such as difficulty thinking of common words while speaking, hesitations, speech, spelling and writing errors.
5. Changes in personality and behaviour, such as out of character mood changes, including agitation, lack of interest, motivation or initiative, loss of empathy, social unacceptable behaviour.



Vascular Dementia

Vascular dementia is the second most common form of dementia and is caused by reduced blood flow to the brain, usually from a stroke or a series of strokes.

While the strokes may be unnoticeably small, the damage can add up over time, leading to memory loss, confusion and other signs of dementia. Vascular dementia can come on gradually or suddenly.

Signs & Symptoms of Vascular dementia:

1. Slowed thinking
2. Unusual mood changes
3. Hallucinations and delusions
4. Confusion
5. Loss of social skills
6. Slurred speech
7. Reduced ability to function in daily life

We can imagine this information can be upsetting to everyone reading it, however it can provide you with a great depth of knowledge to a diagnosis.

And... Like the people living with dementia that are assisting and guiding us through what they want from this newsletter, they reminded us that it is still possible to live positively with dementia.

They also reminded us that the most important thing to them as people living with a diagnosis of dementia as mentioned just now, is for people to have patience and understanding.

We hope by providing our readers with a brief summary of Alzheimer's disease and Vascular dementia, this will enable people living with, caring for, and working with information to support them to live well in a positive living community that faces dementia head on.

For more information on Dementia and the different types please have a look at these websites:

- www.alzheimers.org.uk
- www.nhs.uk/dementia

April

Mon	Tue	Wed	Thu
3 Dementia NI Empowerment Group. Holywood Library More info call: 028 9068 6768	4	5 Alzheimer's Society Carer support meeting Holywood Care Home (open meeting) 2.30- 4pm	6
10	11 'Gently Does It' 11am Exercise Class Holywood Library	12 Easter Memory Café 11am Holywood Library	13
17 Easter Monday	18	19	20 Dementia F Service Holywood M Subscribing 2.00pm - 3.
24 Dementia NI Empowerment Group Holywood Library More info call: 028 9068 6768	25	26 Carer Support Coffee Morning 11am - Coffee Yard Memory Café Holywood Library 11am	27

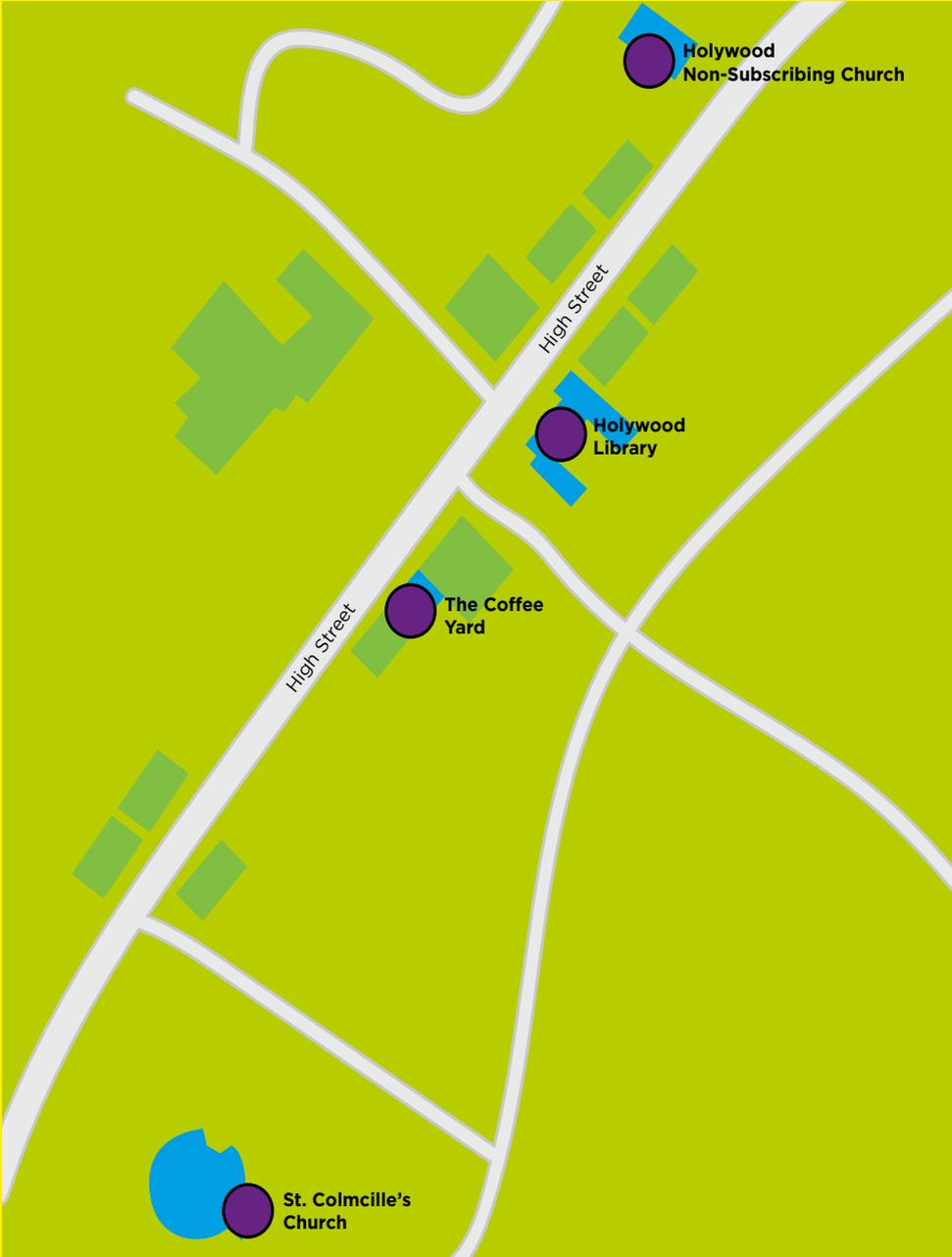
2017

	Fri	Sat	Sun
		1 Coffee Morning 10am Holywood Non-subscribing Church	2
	7	8 Coffee Morning 10am Holywood Non-subscribing Church	9
	14 Good Friday	15 Coffee Morning 10am Holywood Non-subscribing Church	16 Easter Sunday
friendly Non-Church 15pm	21	22 Coffee Morning 10am Holywood Non-subscribing Church	23
	28 Volunteer/Be-friender Recruitment 2pm - 4pm Holywood Library	29 Coffee Morning 10am Holywood Non-subscribing Church	30

Memory Café



Map



Upcoming Events...

- More Dementia Friendly workshops for all businesses, organisations, Schools and Churches.
- Dementia Information Day
- Luncheon Clubs





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Dementia Friendly Hollywood



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HOUSING





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