

DEMENTIA FRIENDLY HOLLYWOOD

Newsletter #DementiaFriendlyHollywood
Issue 6 August 2017



Radius
HOUSING



What has been happening in July...

Following the success of our very busy and well supported Memory Café & Carer Support Group on the 28th June, we have had a quieter month in July.

A lot of people away on holidays in the search for some sunshine. Some photo's from our June Memory Café & Carer Support Group.



Dementia Friends Training



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In July we were invited to Kircubbin to provide dementia friends training to employees from the South Eastern Trust.

We had a great day training, and maybe looking towards working in partnership with them to develop a dementia friendly initiative along the Ards Peninsula.

The dementia friends training usually lasts for about 2 hours, depending on how much conversation the topics create. If we think about how little 2 hours of our life is, and how it passes by so quickly, just think how you could put these hours into becoming

a dementia friend and being equipped to communicate with people living with dementia and their carers. It would be 2 hours that you have opened your life and knowledge towards supporting yourself and people in your community living with dementia.

If you would like more information on how to become a Dementia Friend please email deirdre.carr@radiushousing.org



What is Dementia?

We started in April providing our readers with some background knowledge of the various types of dementia.

So far we have covered Alzheimer's Disease, Vascular Dementia, dementia with Lewy Bodies, Korsakoff's Dementia, and last month we focused on CJD - Creutzfeldt - Jakob Disease.

This month we will be focusing on Frontotemporal dementia.

Frontotemporal dementia (FTD) is one of the less common types of dementia. The term covers a wide range of different conditions. It is sometimes called Pick's disease or frontal lobe dementia.

With FTD the frontal lobes of the brain, found behind the forehead, deal with behaviour, problem-solving, planning and the control of emotions. An area of usually the left frontal lobe also controls speech.

The temporal lobes on either side of the brain have several roles. The left temporal lobe usually deals with the meaning of words and the names of objects. The right temporal lobe

is usually involved in recognising faces and familiar objects.

Frontotemporal dementia occurs when nerve cells in the frontal and/or temporal lobes of the brain die, and the pathways that connect the lobes change. Some of the chemical messengers that transmit signals between nerve cells are also lost.

Over time, as more and more nerve cells die, the brain tissue in the frontal and temporal lobe shrinks.

When the lobes are damaged in this way, this causes the symptoms of FTD. A person can have one of three main types of FTD. These can include:

- Behavioural Variant FTD
- Progressive non-fluent aphasia
- Semantic dementia

Behavioural Variant FTD is the most common of these.

Signs & Symptoms of FTD:

1. A person can lose their inhibitions – behave in a socially inappropriate way and act in an impulsive or rash manner;
2. Lose interest in people and things – lose motivation, but unlike depression, they are not sad;
3. Lose sympathy or empathy – become less responsive to the needs of others and show less social interest or personal warmth. They may also show reduced humour or laugh at other peoples misfortunes;
4. Show repetitive, compulsive or ritualised behaviours – this can include repeated use of phrases or gestures, hoarding and obsessions with timekeeping;
5. Crave sweet, fatty foods or carbohydrates and forget table etiquette. A person may also no longer know when to stop eating, drinking alcohol or smoking;

It is common for someone for with FTD to struggle with planning, organising and making decisions. These difficulties may first appear at work or managing finances.

Research has shown that FTD can also affect the sensitivity of people with dementia to physical or environmental stimulation such as temperature, sounds and even pain.

It is unusual for a person with FTD to be aware of the extent of their problems. Even early on in the diagnosis, people generally lack control over their behaviour or insight into what is happening to them. Their symptoms are often noticed by the people closest to them.

Researchers are working to find an effective new treatment for FTD, but there is currently no cure and the progression of the disease cannot be slowed. Treatment tends to focus on helping the person live well by easing their symptoms and supporting them and those around them.

Caring for someone with FTD can be particularly challenging, because of the person's age and the changes in behaviour and communication.

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

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

August

Mon	Tue	Wed	Thu
	1	2 Alzheimer's Society Carer Support Meeting Holywood Care Home (Open Meeting) 2.30pm-4pm	3
7 Dementia NI Empowerment Group Holywood Library More info call: 028 9068 6768	8	9 Memory Café 11am - 12 noon Holywood Library	10 Day Trip to Espie
14	15	16	17 Dementia F Service Holywood M subscribing 2pm - 3.15p
21 Dementia NI Empowerment Group Holywood Library More info call: 028 9068 6768	22	23 Memory Café Holywood Library 11am -12noon Carer Support Group Coffee Yard 11am -12noon	24
28 August Bank Holiday	29	30	31

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	Fri	Sat	Sun
	4	5 Coffee Morning 10am Holywood Non-subscribing Church	6
Castle	11	12 Coffee Morning 10am Holywood Non-subscribing Church	13
riendly Non- Church m	18	19 Coffee Morning 10am Holywood Non-subscribing Church	20
	25	26 Coffee Morning 10am Holywood Non-subscribing Church	27

Have you ever heard of The Care Clip / Personal Alarm?

Radius Housing is the leading provider of personal alarms throughout Northern Ireland.



Fold TeleCare should be your number one choice for providing the support you need, when you need it. Fold TeleCare is an accredited member of the Telecare Services Association; which is the regulatory body for this industry.

Fold TeleCare, supports over 23,000 people through our award winning personal alarms service throughout Ireland. We're delighted to introduce our new CareClip

Service which will give users easy access to help through Fold's TeleCare Response Centre, not only when you are at home but also when you are out and about.

When you are at home the CareClip device should be placed on the charger at all times and the wristband should be worn. When you are going out, you wear your CareClip. It is designed to be worn on an item of clothing and can

easily be attached using the clip-on mechanism. Alternatively it can be worn on a lanyard around the neck.

To activate a panic alert you simply press the silver button on the front of the CareClip device. You will feel a vibration as an instant alert call is made to Fold's TeleCare Response Centre in Holywood, Co Down.

A Fold TeleCare Call Advisor will speak to you and will offer immediate reassurance and support. They can arrange for a friend, neighbour or relative to check on you, or if required the advisor can contact the emergency services on your behalf.

CareClip Boundaries

The beauty of the CareClip is that it works outside the home using GPS technology. Boundary areas can be set up on the CareClip which, if breached, will send an alert in the usual way to Fold's TeleCare Response Centre. If you wish to set up boundaries for your safety and protection, the Fold Support Officer will do this at the home visit to explain how the CareClip works.

The CareClip App

The CareClip uses smartphone technology. There is a dedicated CareClip App which allows you or your contacts to view your CareClip information on a Smartphone.

Who's it for?

Fold's CareClip is designed to support everyone, inside and outside the home. The CareClip supports independence for you, increasing your confidence with the knowledge that help is available should you need it.

It also provides peace of mind for your family and carers, knowing that you can retain some freedom with the reassurance that support is available around the clock wherever the location.

How much will it cost?

Your initial charge will be £90 (plus £18 VAT) for your installation and set up.

Your CareClip, 24/7 monitoring and support service starts from £22.50 (plus £4.50 VAT) per month by direct debit.

How do I order my CareClip?

To order your CareClip or find out more information, please visit our website www.foldtelecare.com or call us on 028 9039 7103.

If you require any additional information on Fold's CareClip please contact a member of our team or email enquiries@foldtelecare.com

Would anyone like to take a Day Trip?

On Thursday 10th August we are planning our summer day trip to Castle Espie. All places must be booked before Friday 4th August.

If you haven't booked your place yet, please contact Deirdre Carr on 028 9039 7160, deirdre.carr@radiushousing.org to book your place on the bus.



Map



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Ashleigh Davis - 028 9068 6768



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Lynda Williams - 028 9181 0083



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