

When Someone You Know Has Dementia

Professor June Andrews

foreword by **DAME JUDI DENCH**

JUNE ANDREWS

When Someone You Know Has Dementia

*Practical Advice for Families
and Caregivers*



“Sensible, trustworthy advice.”
Mary Schulz, Alzheimer Society of Canada



June Andrews, international dementia expert and author, provides sensible advice to caregivers, families, and people directly affected by dementia.

MAY 30, 2016 • 7:00–8:30 PM

London Public Library, Central Branch
Stevenson & Hunt Room • 251 Dundas St., London

No registration required

Presentation followed by Q&A

Booksales by The Bookstore at Western

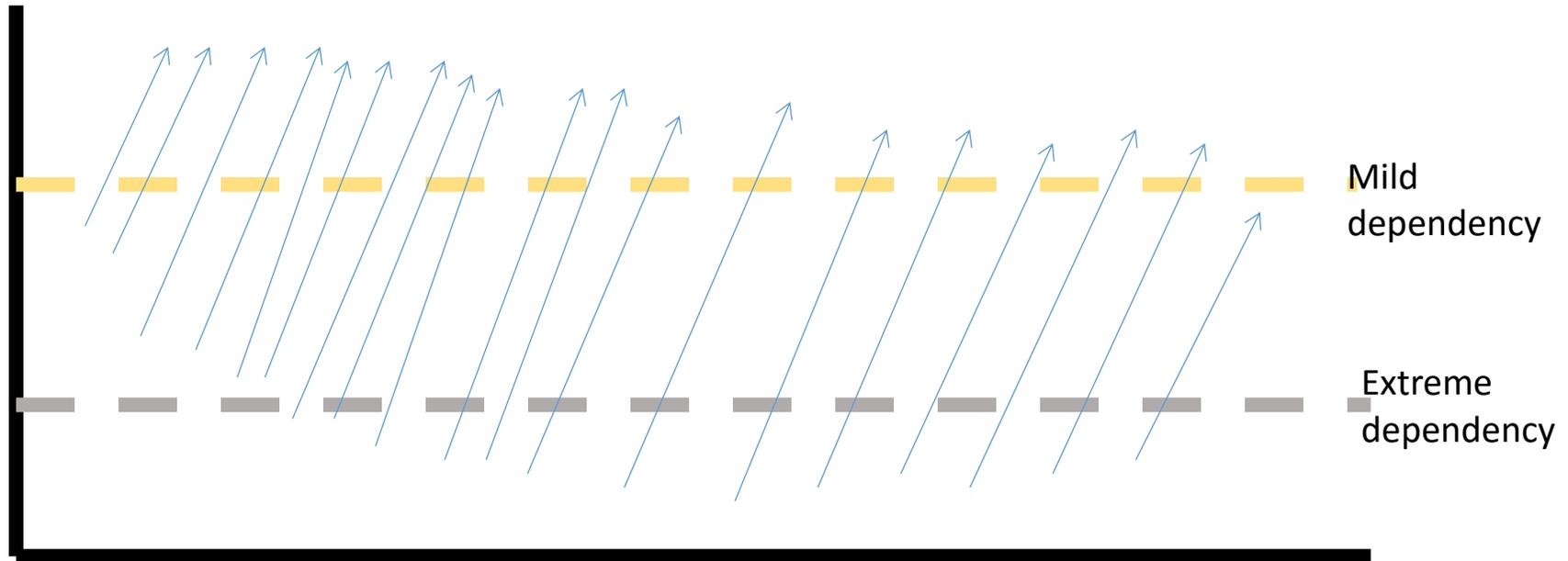


Who is June Andrews?

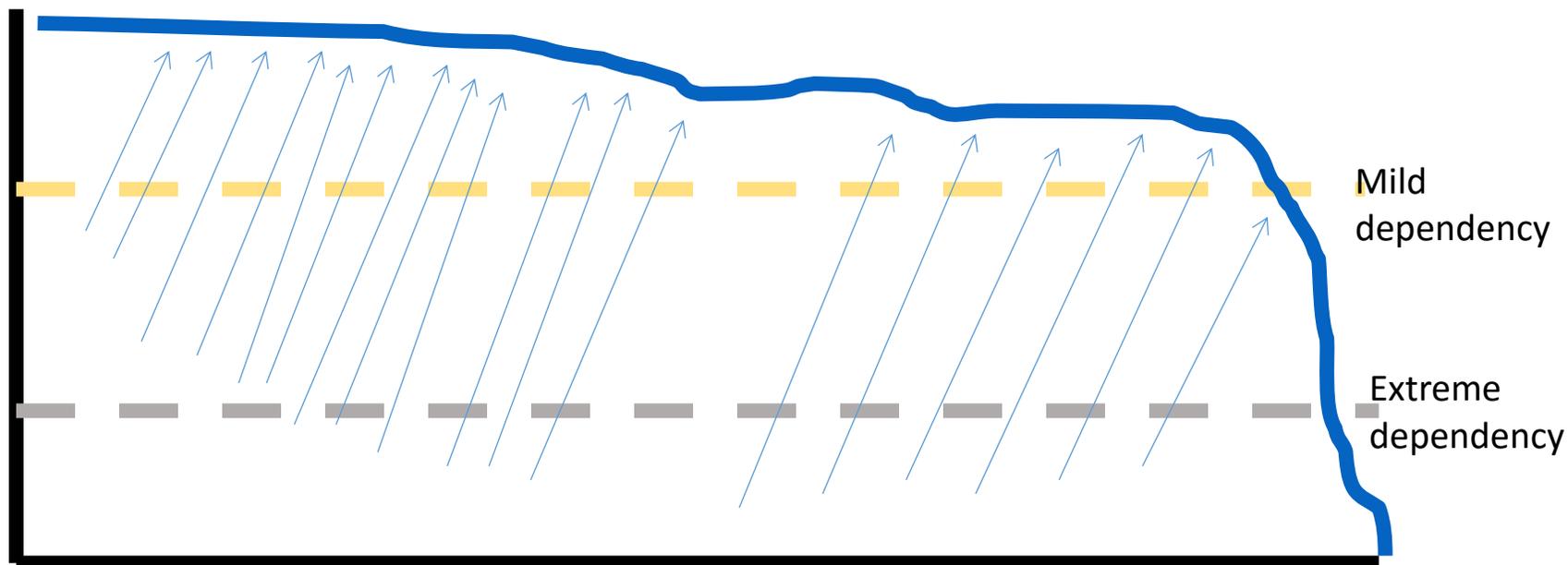


- Nurse
- Writer
- Policy activist
- Dementia specialist
- Professor Emeritus specialising in the public understanding of Dementia

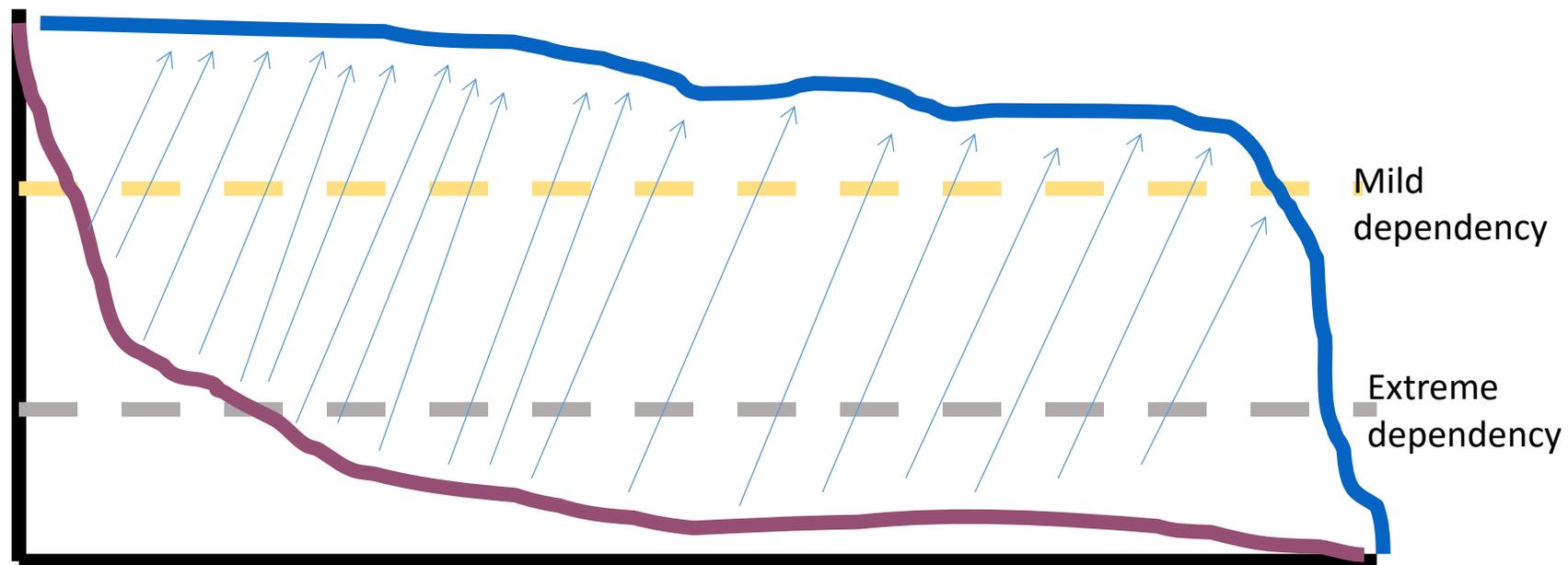
The “leaf model” – what keeps people with dementia above the line?



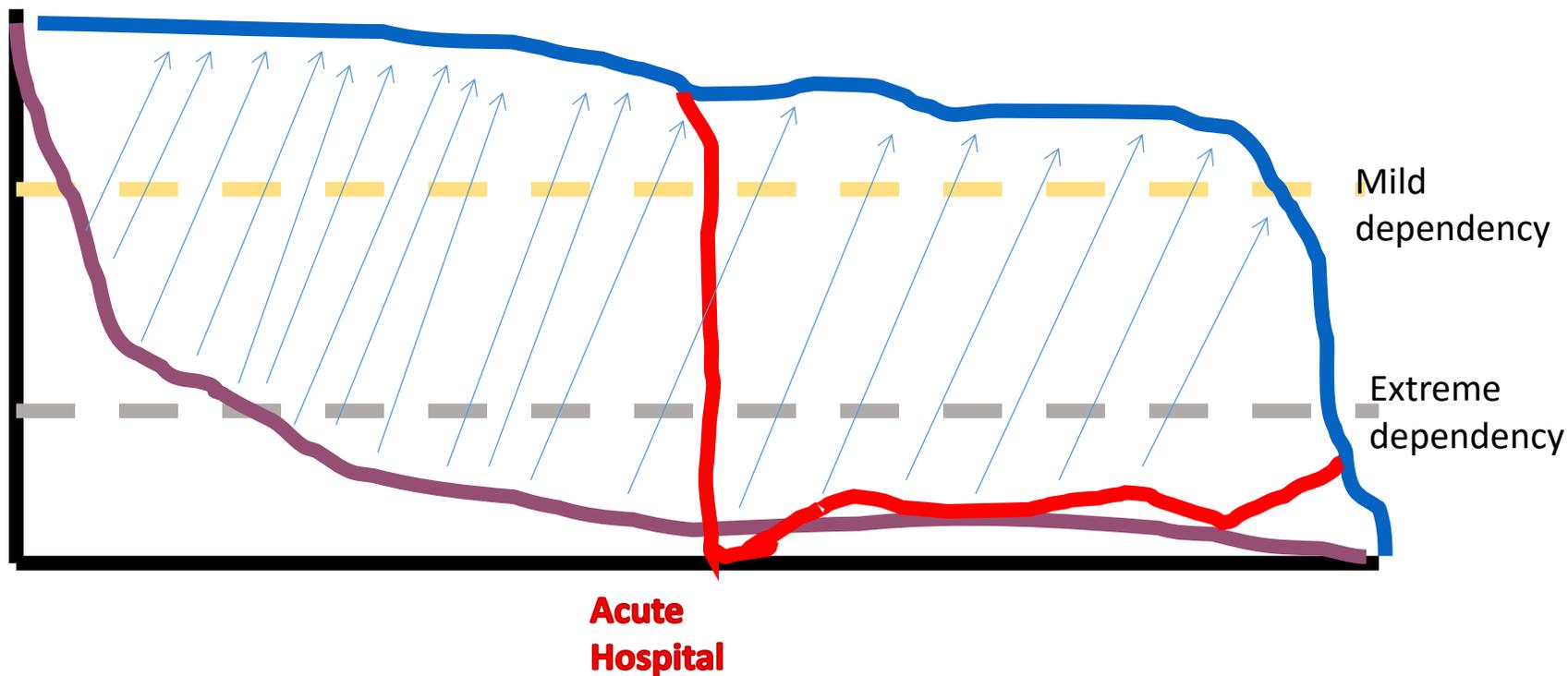
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The “leaf model” – what keeps people with dementia above the line?



What is the problem in dementia?

- Impairment of memory
- Impairment of reasoning
- Impairment of learning
- Increase of stress
- The normal changes of ageing but at the same time as a reduced capacity to deal with them

Symptoms vary at a different rate from underlying pathology

EXAMPLES OF SYMPTOMS	EXAMPLES OF DISEASES
Agitation and anxiety	Alzheimer's disease
Unintended weight loss	Vascular disease
Memory difficulties	Lewy body disease
Repetitive vocalisation	etc
etc	

SYMPTOMS	PATHOLOGY
Lots you can do....	Not a lot you can do...

The symptoms are “dementia”

EFFECT of intervention ON SYMPTOMS	EFFECT of intervention ON PATHOLOGY
Reduced symptoms	ZERO (possibly)
Reduced “dementia”	
Reduced “carer burden”	
Reduced “cost of care”	
? Better life experience?	

Behavioural problems of greatest concern

- Agitation and anxiety
- Aggression
- Depression
- Hallucination
- Sleeplessness
- Wandering

10

Helpful hints for carers

Practical solutions
for carers living with
people with dementia





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Helpful Hints for Dementia Design at Home

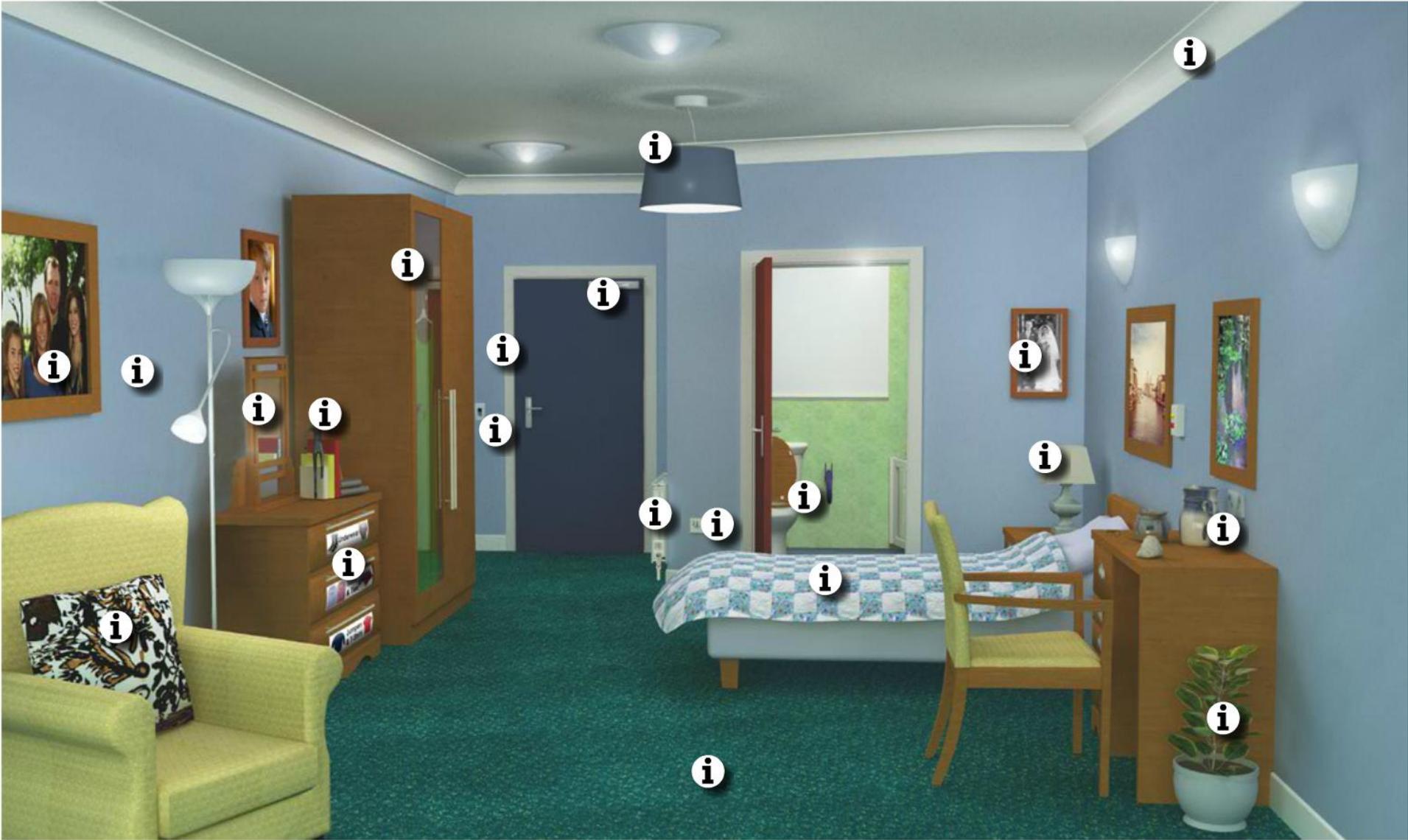
Practical design solutions for carers living
at home with someone who has dementia

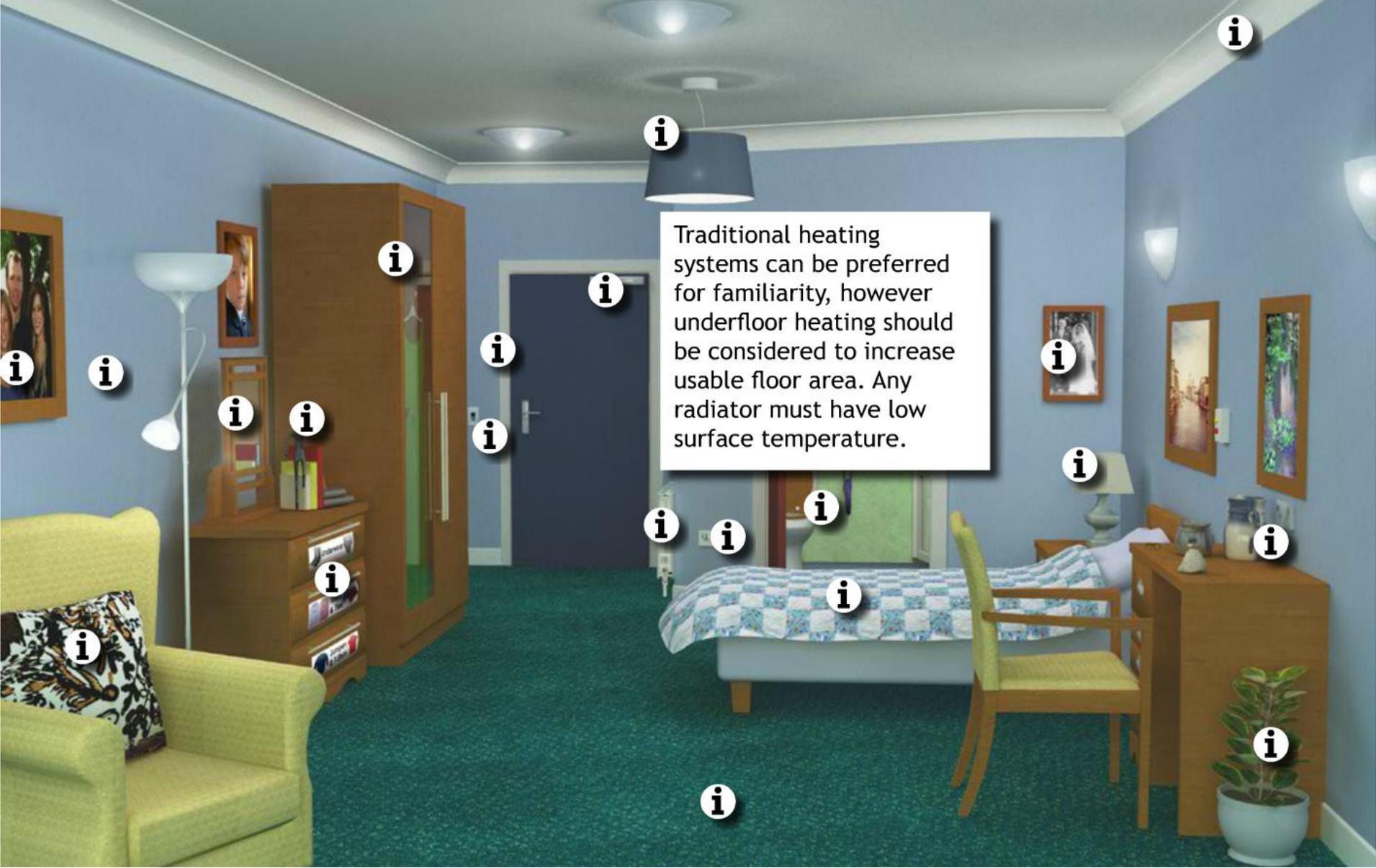


Dementia Services
Development Centre

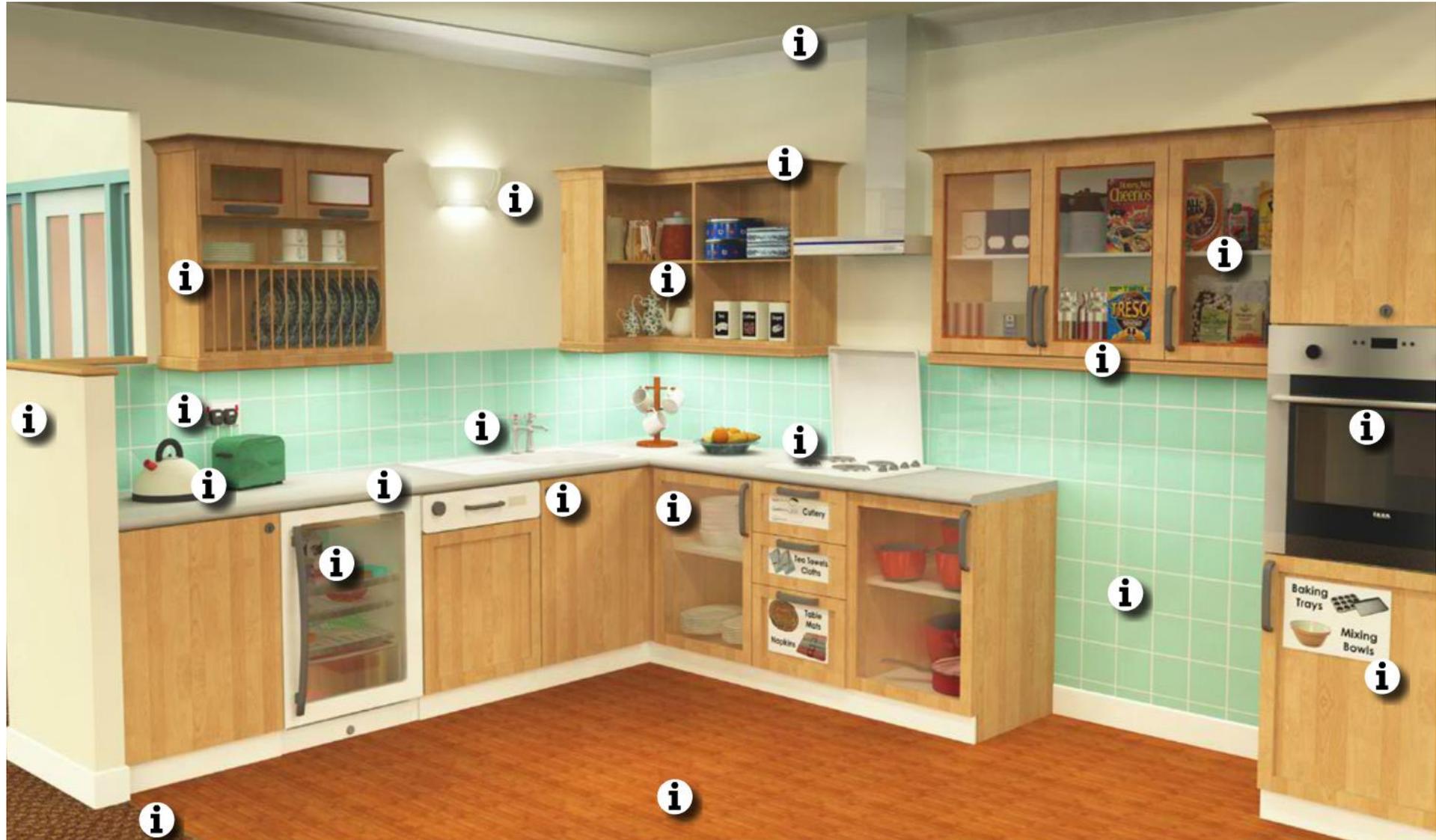


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STIRLING





Traditional heating systems can be preferred for familiarity, however underfloor heating should be considered to increase usable floor area. Any radiator must have low surface temperature.





International Standards

- Research involving people with dementia
- Extrapolation from sensory and physical impairment
- International consensus



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The Dementia Services Development Centre



Telecare and dementia

Using telecare effectively in the support of people with dementia

Stress and distress

- Stress can quickly develop into distressing behaviour
- The importance of understanding emotions
- How you can step into someone else's world
- The importance of understanding their beliefs and thoughts

Causes of distress

- Ageing senses
- Delirium
- Depression
- Pain
- Medication
- Environment

Hints on those behavioural problems of greatest concern

- Agitation and anxiety
- Aggression
- Depression
- Hallucination
- Sleeplessness
- Wandering

You can ask me any question

- profjuneandrews@icloud.com email me!
- www.juneandrews.net look on my website
- www.dementia.stir.ac.uk get things from the DSDC website

And if the answer is not in the book

