

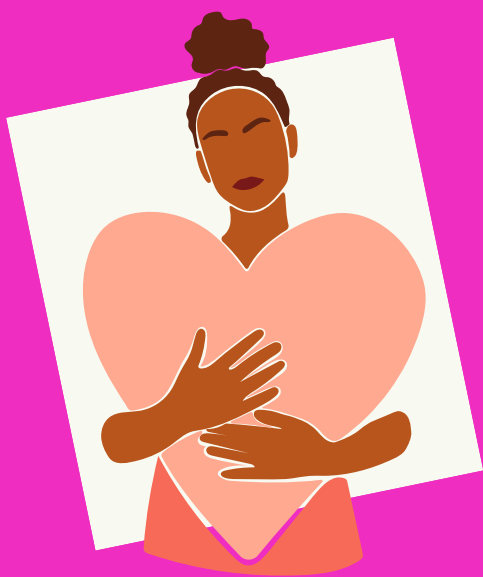
Dementia training for local communities

Local communities are made up of so many different types of people and some of these people may well be living with dementia. It is important that people living with dementia continue to feel part of their local community. Here we list some hints and tips on things you can do to make someone feel connected.



What is Dementia?

Dementia is a syndrome associated with an ongoing decline of brain functioning. Some of the symptoms include: Memory loss, deduction in mental sharpness and quickness, changes to language, speaking, mood and behaviour.



Respect

Treat a person with dementia as a valuable member of society and recognise their life experiences where possible. Should the opportunity arise, give them time to talk about the past, give a (heartfelt!) compliment, and give them the opportunity to get involved with activities that match what someone likes or can do well with. Keep your tone positive and friendly, try to reduce extra noise when you're speaking with them and give them your full attention.

Things you can do

- Give the person living with dementia your full focus. Talk clearly and allow them plenty time to answer. Try not to jump in but allow them their time to speak.
- Create a relaxed atmosphere, providing safety, security and comfort.
- It is important to keep good eye contact and look for signs when they might start to feel uneasy.
- Show affection, care and concern for both when they are cheerful and when they have concerns.
- Involve the person with dementia in an active and personally meaningful way. Give them opportunities to address their talents, interests and opportunities so they can see who they are as a person.
- In dementia, the sense of identity and important memories slowly disappear. Reminisce about the past to keep their personal story alive. Help the person with dementia hold on to their identity.

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CASCADE

European Regional Development Fund

Community Areas of Sustainable Care And Dementia Excellence in Europe

CASCADE has developed a cross-border approach to providing better care for the elderly and people living with dementia. The project involves 10 partners from the UK, Belgium, France and the Netherlands and will see the construction of two new facilities for the elderly and for people living with dementia and will create a Centre of Excellence for people living with dementia across the partner regions.