

To find out more about DFWB and support for living with dementia, go to our website www.dementiafriendlywestberkshire.co.uk.

Some examples of the work we do:

- Awareness raising events.
- Working with local businesses to enable them to become dementia friendly.
- Providing guidance on non-clinical support.
- Signposting to relevant organisations that can help.
- Groups and Activities across West Berkshire, such as Dementia Cafes, Carers Support Groups, and Dementia Walks.
- Support for local projects which help to enrich the lives of people living with dementia and their carers.
- Delivering Dementia awareness sessions across West Berkshire.



The following organisations can provide you with additional help and support:

Age UK Berkshire

Phone: 0118 959 4242

Email: info@ageukberkshire.org.uk

<https://www.ageuk.org.uk/berkshire/>

The Alzheimer's Society Dementia

Connect Support Line

Phone: 0333 150 3456

<https://dementiaconnect.alzheimers.org.uk>

Younger People With Dementia
(YPWD)

Phone: 0118 207 2880

<http://www.ypwd.info>

The Dementia UK helpline

Phone: 0800 888 6678

helpline@dementiauk.org

PUBLIC – can be shared with anyone. DFWB-07-003, Version 2.

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Dementia Friendly West Berkshire



Working to make West Berkshire a place where people living with dementia and their carers feel supported and included.

Find out more:

www.dementiafriendlywestberkshire.co.uk

Coordinator: DFWBerkshire@AgeUKBerkshire.org.uk

Chair: Chair@DFWB.co.uk

Follow us on:



@Dementia Friendly West Berkshire



@dementiawb



@dementia_fr_wb

Who are we?

A group of individuals and organisations, from different parts of the community, who are committed to working together to make West Berkshire a place where people living with dementia, and their carers, are supported to live well and feel part of their community.



From Alzheimer's Research

The estimated cost of dementia in the UK in 2021 was £25bn.

944,000 people are estimated to be living with dementia in the UK. This will reach 1.6 million by 2050.

1 in every 11 people over 65 have dementia in the UK.



Only a third of people in the UK realise it is possible to reduce the risk of dementia.

What is dementia?

Dementia is an 'umbrella' term used when an individual's abilities, such as memory, thinking, problem-solving skills, and personality, gradually deteriorate over time. These changes are above the mild changes sometimes seen in normal ageing. A number of different conditions can cause dementia — Alzheimer's for example is a form of dementia. At present there is no cure for dementia, but it is possible to live well with dementia.

Signs and symptoms of dementia

Dementia can refer to a range of symptoms associated with living with dementia, including some of the following:

Memory

You may forget recent conversations or events and lose or misplace items around the house. You may also forget appointments or anniversaries and forget to take medication. There may be difficulty in remembering words, names and passwords.

Thinking

Thinking may become slowed or muddled. Your understanding, together with planning and problem-solving skills, may be reduced and your

organisational abilities may be impaired. You may also experience difficulties in manipulating numbers, handling money and understanding the value of money.

Visuospatial

You may not recognise people, things and places – you may get lost or disorientated or may misidentify people and things. You may have impaired spatial awareness, resulting in clumsiness, falls and accidents. There may be difficulty making sense of scenes, images and the written word. Experiencing misperceptions and hallucinations is also possible.

Personality and Behaviour

You may lose motivation, spontaneity, and the ability to initiate activities. You may also struggle with self-regulation, experience a lack of empathy and out of character behaviour.

In some cases

In some cases dementia may also cause:

- Anxiety and depression.
- Hostility, suspiciousness and confabulation.
- Delusions, restlessness, wandering and sleep disturbance.
- Aggression and agitation.
- Incontinence.