



# Dementia and Alzheimer's Disease

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# What is Dementia?



- Umbrella term for progressive conditions affecting the brain
- Affect ability to remember, think and speak
- Common symptoms include memory loss, confusion, problems with speech
- Common in people over 65 (but can occur earlier)
- Many different types of dementia e.g. Alzheimer's disease, vascular dementia, fronto-temporal dementia, Lewy Body disease, mixed dementia...

# Warning signs



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**10**  
warning signs  
of dementia

- 1** Memory Loss
- 2** Difficulty performing familiar tasks
- 3** I DENT' ROMEDBIR  
O E E M  
Problems with language
- 4** Disorientation to time and place
- 5** Poor or decreased judgement
- 6** Problems keeping track of things
- 7** Misplacing things
- 8** Changes in mood and behaviour
- 9** Trouble with images and spatial relationships
- 10** Withdrawal from work or social activities

@AlzDisInt  
 Alzheimer's Disease International

**Dementia is not a part of normal ageing.  
Talk to a doctor or contact the  
Alzheimer association in your country.**



# Alzheimer's Disease



- Commonest form of dementia
- Approx 900,000 people affected in UK
- Build-up of proteins in the brain which interfere with function
- Significant impact on the individual, families, caregivers, health & social care systems
- Estimated cost to UK economy £34.7 billion/yr
- No cure but recent advances in treatments to slow its progression

# How is dementia diagnosed?



- Detailed medical history
- Interview with family
- Physical examination
- Cognitive assessments
- Blood tests to exclude other possible causes
- Brain imaging (MRI, CT scan)

# How is dementia treated?



- No curative treatment but newer medications can slow down or improve cognitive decline.
- Other therapies e.g. cognitive stimulation therapy, reminiscence groups, music therapy, art therapy, physical exercise.
- Assistance with activities of daily living.
- Caregiver support – helping those who help.
- Occupational therapy/speech & language therapy.
- Palliative care towards the end of life.

# Reducing the risk



- 2022 - UK Government produced 10-year plan to tackle dementia (£375M for research & support)
- Up to 40% of dementia is potentially preventable
- Maintaining a healthy lifestyle
- Cognitive stimulation
- Cardiovascular health
- Social engagement
- Brain-training games (maybe)

# What can Lions do?



- Fundraising for charities e.g. 900,000 Steps
- Awareness and advocacy
- Support groups for caregivers/family members
- Social events for people/carers with dementia
- Befriending patients in local care facilities
- Providing transport services
- Make use of our other skills and services
- Collaboration with Dementia organizations



# Resources



- Dementia UK [www.dementiauk.org](http://www.dementiauk.org)
- Alzheimer's Research [www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)
- Alzheimer's Society [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Many different local charities to contact



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# Questions

We will attempt to  
answer or

Find the answer

At a later time