



## Jackie Pool Associates Ltd.

specialists in dementia care training and development

### FREE DEMENTIA FACT SHEET

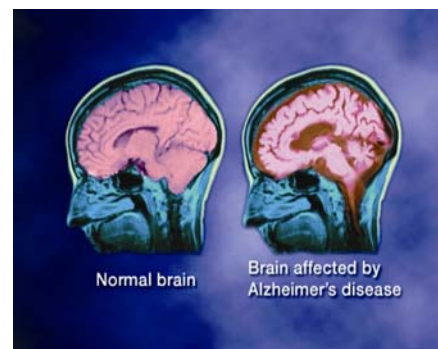
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Dementia is a term for a range of disabilities caused by progressive neurological conditions, including Alzheimer's disease, Lewy body disease and vascular disease

The Alzheimer's Society estimates that currently in the UK there are 750,000 people with dementia and that this figure is expected to rise by the year 2025 to 1 million (Alzheimer's Society website, June 2010). These figures are calculated on the basis that 5% of the population who are over the age of 65 years and 20% of those over 85 years have developed the condition. While the epidemiology of the condition remains stable, the population of older people is rising, hence the increase in numbers of those with the condition.

Dementia is not a disease; it is actually a group name for some signs and symptoms of diseases that affect the brain.

The diseases range from Alzheimer's disease and Lewy Body disease which directly affect the brain cells, to vascular disease which affects the blood supply to the brain cells. There are also conditions such as Pick's disease and Huntington's disease that have a specific genetic link, and conditions that are caused by environmental damage, for example, alcohol and drug related or toxic states.



All these conditions have the same effect in damaging areas of the brain and causing the person to have the disability of dementia. The signs can include:

- difficulty thinking rationally and making judgements
- problems with producing spoken language or understanding others
- personality change
- memory problems

People with dementia have special needs that can be met through the provision of a therapeutic environment. The use of evidence-based best practice of care and design, can be instrumental in maintaining the level of physical, cognitive and emotional well-being of the person with dementia.



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## Philosophy of care

A person-centred therapeutic approach will give the person with dementia the opportunity to enhance their physical, social, occupational and cognitive well-being.

Principles include:

- ❖ To create a warm and supportive atmosphere through personal relationships
- ❖ To recognise and respond to service user's needs on an individual basis
- ❖ To recognise and respond to service user's abilities, and to promote assisted independence and development
- ❖ To encourage social and leisure activities to create a sense of community
- ❖ To encourage relatives to play an active part in caring for service users
- ❖ To encourage good community relationships

## Design and physical environment

High quality care, using a person-centred approach, is fundamental to achieving a therapeutic environment. Included in this approach is the aim to make life easier for residents with dementia and for staff by providing helpful, rather than bewildering care settings.

## Training and Support

In addition to considering the design of the care setting, a service development strategy is required to support the increasingly complex care needs of people with dementia. The strategy must recognise the special needs of this client group and the corresponding special skills of the staff who meet these needs. For such a strategy to be successful, staff must have access to focussed training events that they can relate to their own practice. However, training alone will not ensure the development of a service. There must also be opportunity for translating the theory into practice, with support from Managers, and the introduction of a range of systems that provide the vehicle for such developments.

Learning can take place in a variety of ways, the use of videos and independent learning manuals are useful for in-house training.

**BVS Training** produce a range of training videos on the topic of dementia. For more information, visit their website at [www.bvs.co.uk](http://www.bvs.co.uk)

**Jackie Pool Associates** have a range of training workshops that can be provided on-site or at external venues. In addition they can provide a support service ranging from advice to Managers about design and décor, or about current legislation, to mentoring of individual care staff. For more information, you can visit their website at [www.jackie-pool-associates.co.uk](http://www.jackie-pool-associates.co.uk), or contact them on 01489 892933.