



Friends of Church Stretton Library

supporting a library in the heart of the community

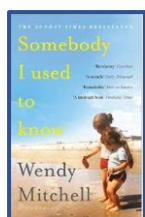
Living with dementia: Early on

What Helps

Seeing the person and not just the diagnosis. They are still the same person you always knew.

Encouraging the person with dementia to continue enjoying the things that give pleasure and retaining as much independence as as they can.

Suggested Reading: **Someone I used to know, Wendy Mitchell**



'A fascinating and inspiring read. It helped me understand the challenges faced by people with early stage dementia and ways the author found to deal with them.'

Available on loan from the library

Meeting others with similar experience.

PALZ: Professionals with Alzheimers, meet every 2 months at Shrewsbury Hospital; talks and discussion, opportunity to socialise, carers can accompany.
Tel 01743 718495, 01743 352732, Email: info@palzglobal.org.uk,

Breathing Space: Singing for health and well being at the Mayfair Community Centre
Tel 01694 722077

Songs for You in Shrewsbury: for those living with dementia and their carers.
The group sing a range of popular songs and there is a chance to socialise with tea and cake, Venue: The Trinity Centre, Church Road, Meole Brace, Shrewsbury SY3 9HF.
Tel 01743 210048 ,Email jessica.kent@sssft.nhs.uk

DEEP: Field House Care Home in Sandford Ave is keen to help develop a coffee, cake and chat group under the umbrella of DEEP (Dementia Engagement and Empowerment Project). Meetings are likely to alternate between Field House and a coffee shop in town. If interested please contact Phil Gillam, Development Facilitator for DEEP Groups in Shropshire, Tel: 07527 054 143, Email philoncloudbase@gmail.com



Living with dementia: As activities become difficult

What helps

Friends and families helping the person with dementia enjoy activities which they enjoy but can no longer manage on their own, e.g. hiking, eating out, hobbies, shopping, crosswords. **If needed**, verbal prompts can help the person with dementia stay focused on the task in hand.

It helps if people understand how dementia affects the brain and develop skills to help the person with dementia to continue participating in conversation and activities that give them pleasure.

Suggested Reading: Carers UK. Listen, Talk, Connect; communicating with people with dementia



'I enjoy my time with my mother so much more since reading this booklet. It helped me understand that what I say to her, and how I say it, has a huge impact on whether we enjoy our time together. I just wish I had read this sooner.'

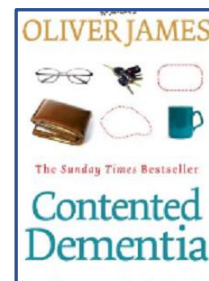
Tel 020 8438 0700,
<http://www.careuk.com/care-homes/talk-dementia>

A few copies available in the library, ask at reception.




Contented dementia, Oliver James

'It really makes you think about what you can do to make their life more pleasant. It introduces a whole new way of making conversation that works for people with memory problems.'

Available on loan from the library.



It also helps to find strategies to overcome what is becoming difficult. Occupational therapists are good at helping with this but can be hard to access. Dementia UK and Alzheimers Society have factsheets (free of charge) that can help.

	<p>Tel 0800 888 66 78 Email helpline@dementiauk.org Web www.dementiauk.org</p>
	<p>Tel 0300 222 11 22 Web: www.alzheimers.org.uk</p>
	<p>Offers ongoing tips, advice and support via its website based on personal experiences. https://dementiahelpuk.com</p>



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Living with dementia: As life gets harder

The person with dementia might still enjoy taking part in activities they previously enjoyed e.g. crosswords, dominoes, card games, reading short poems or singing short rhymes but will need verbal prompts to help with this.

Books with large pictures and a small amount of text can be useful, as well as jigsaws with a small number of pieces.

As more recent memories fade, the person with dementia might find it enjoyable to reminisce about their past experiences including their childhood and youth.

Music and singing can soothe, stimulate and bring to mind long-forgotten memories. So whatever they enjoyed in their past can give pleasure whether it be 60s soul, operatic arias or songs from the shows.

'I find that playing CDs of music from his past helps take my husband 'out of himself' and prompts memories which he wouldn't otherwise have had. This often leads to conversations recalling happy times.'

Childhood Days & The Countryside in Pictures, edited by Helen J Bate



'Mum really enjoyed me reading this book with her. She loved the photographs of the children, especially the baby, and enjoyed singing rhymes she remembered from her past.'

Available on loan from the library.

Shropshire Library Memory Bags

An easily portable collection of items, books and activities to prompt conversation. There are currently 22 titles available.

Available on loan from the library.



Active Minds jigsaws & other merchandise

to support activities & reminiscing



'We spent the first ten minutes simply looking at the picture and chatting about it. Then we did the jigsaw together. The design is so clever as the pieces are large enough for her to be able to handle and you can do the jigsaw in the box.'

Telephone +44 (0) 203 488 2001

Email info@active-minds.org

Web: www.active-minds.org



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Looking after the Carer

Carers can feel isolated, alone and overwhelmed. It is important that they have time for themselves away from caring.

It can make such a difference if friends and neighbours offer to look after the person with dementia, even for a short time, so the carer can take some time out.

Carers might feel guilty about looking for respite care for their loved one. However it is only sensible, as they need to look after themselves for the sake of the person they are caring for.



The Mayfair in Church Stretton offers many services which can help, including door to door transport, meals on wheels, singing, drop ins, befriending, respite and day care.

Make the Mayfair your first point of call - Tel. 01694 722077

National charity helplines provide expert guidance, practical solutions and a wide range of publications and factsheets. Hard copies are available free of charge from Dementia UK and Alzheimers Society.

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Later on

There could come a time when it is no longer possible to provide the care needed at home and the person with dementia will need to move into a residential home. This can be extremely difficult for the carer, both emotionally and practically. It can help to involve the person with dementia early on in looking at possible residences, rather than waiting until there is a crisis. Dementia UK and Alzheimers Society both have information and factsheets (free of charge) to help on this.