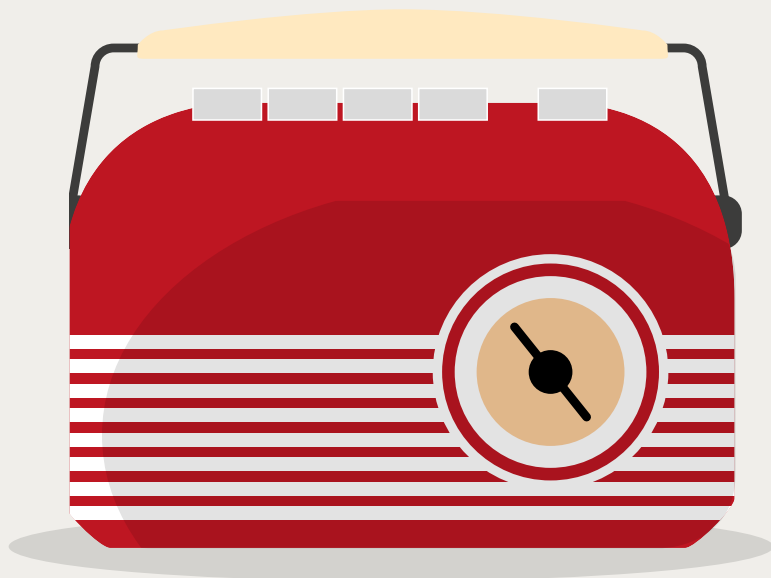




For a closer look at

dementia care

For Living



What to expect from this guide



This guide will give you an overview of dementia, how to spot the signs in a loved one and who to turn to if you do. We've also included details of our specialist care homes and how to find one locally.

If you're looking for a Bupa care home for yourself, this guide will give you a useful overview of our dementia care.

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Understanding dementia

Dementia is not one medical condition, but a set of symptoms. These include problems with thinking, reasoning, learning, memory, language, and difficulties with daily activities.

Common types of dementia

Alzheimer's disease

The ability of the brain to send signals between nerve cells is damaged, which affects the ability to think and communicate actions to the rest of the body.

Development:

Slowly over time

Early symptoms:

Difficulty learning new things, confusion with dates and times

Vascular dementia

A lack of blood to the brain due to blocked or leaking blood vessels can cause the brain cells to die. This can sometimes occur after a series of small strokes.

Development:

Fast, getting worse over time

Early symptoms:

Personality changes, memory loss, confusion

The main symptoms



Everyday tasks can feel harder



Troubles with remembering, thinking and language



Emotional and behavioural changes



Unable to identify familiar objects or experiencing hallucinations

Dementia with Lewy bodies (DLB)

Clumps of protein form inside the brain cells, usually in areas responsible for thinking, visual perceptions and muscle movements.

Development:

Slowly over time

Early symptoms:

Hallucinations, fluctuation in mental ability, attention and level of alertness, disturbed sleep



Are there any treatments?

There are some prescription medicines available to help slow the development of Alzheimer's and dementia with Lewy bodies and reduce symptoms, but there isn't a known cure.

Spotting signs of dementia

Picking up on some small changes can mean that a loved one gets the help and support they need sooner.

Clues for family and friends

- Calling you more or less frequently than you're used to
- Repeating the same questions
- Getting lost in familiar places
- Repeating the same stories in quick succession
- Acting out of character
- Changes in personal hygiene without them being able to recognise it

Why get an early diagnosis?

Sometimes they may show symptoms of dementia, but they are actually being caused by another medical condition. Knowing sooner opens up their access to treatment and care.



Do any of these things sound familiar?

It might be time to get them checked by their GP. They'll be able to assess any symptoms to determine if it's forgetfulness, dementia or another medical condition.



Learn more about spotting the signs

Our website is home to useful information, suggested books and links to help you learn more about the disease.

[bupa.co.uk/health-information/dementia](https://www.bupa.co.uk/health-information/dementia)

Specialist homes for dementia care

If they're struggling to live alone, or it's becoming difficult to keep on top of their care needs, it might be time to consider specialist dementia care homes, where we offer 24-hour care. This can help ease the worry.

Person First training

All of our carers and registered nurses complete this training. Some have gone on to become Person First coaches. This specialist training helps them to:

- focus on the resident's needs and choices first and their condition second
- encourage quality one-on-one time
- provide support for activities tailored to keep the mind active

Dementia support inside our homes

To make life a little easier for your loved one, many of our dementia care homes include:

- picture signs for easy accessibility
- contrasting colour schemes to help with identifying rooms and objects
- secure indoor and outdoor spaces



“

It's like a home from home. She likes the staff and they care for her very well, especially as her dementia has progressed.

”

Daughter of resident,
July 2018
Source: carehome.co.uk



Find your local care home online

Search for a home that offers dementia care in your area using our handy finder tool.

finder.bupa.co.uk

Next steps

Now you have an understanding of our dementia care, take a look at some of our other guides to help you on your care journey. To get your free copies, call us on **0808 302 6093*** or download them at **bupa.co.uk/care-services/care-homes/request-a-guide**



Download your detailed guides

- A closer look at paying for care
- A closer look at short stays
- A quick look into care homes



Find your local care home online

Search for a home in your area using our handy finder tool **finder.bupa.co.uk**



Arrange a visit

To visit one of our homes or request a home brochure, call us on **0808 302 6093***.

*Lines are open 8am to 6.30pm, Monday to Friday, 9am to 12.30pm on Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.

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