



# Shedfield Lodge

## Caring through Understanding

### Community Dementia Awareness with Shedfield Lodge

Our aim is to make our community Dementia Friendly. To achieve this, we need your help. We would like every individual living with dementia in our community to feel valued, understood and supported in an environment that enables them to lead as normal a life as possible.

Dementia is not a natural part of ageing, it doesn't just affect older people. There are more than 800,000 people living with dementia in the UK and this figure is set to rise to over a million by 2021. Over 40,000 people under 65 in the UK have dementia.

Numbers are predicted to increase in Hampshire by over 30% from 18,000 people in 2012 to 24,000 in 2020. (source:POPPI Projecting Older People Population Information) It is estimated that more than half of dementia cases in Hampshire are undiagnosed.

When most people hear the word dementia, they think of memory loss.

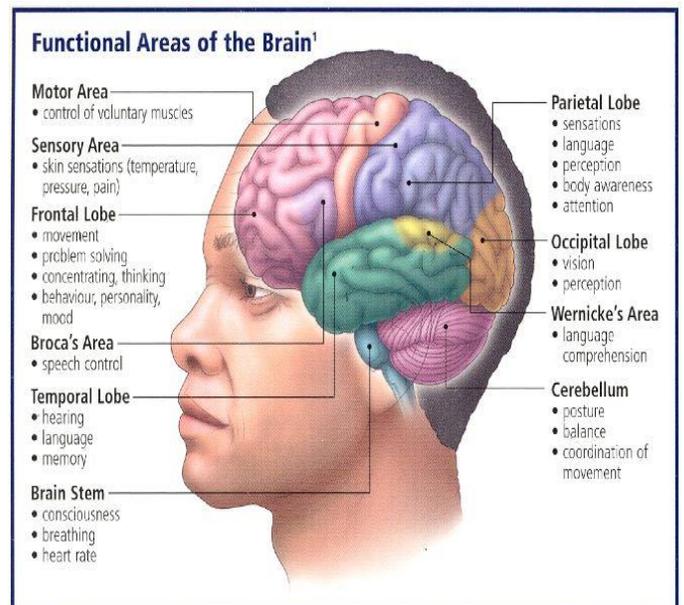
We all forget a name or a face sometimes. Especially as we get older. But dementia is something different. It's not just about losing your memory, although it does often start by affecting the short-term memory. Someone with dementia might repeat themselves and have problems recalling things that happened recently. But dementia can also affect the way people think, speak, perceive things, feel and behave.

Memory problems are just one of a number of symptoms that people with dementia may experience. Others include difficulties with planning, thinking things through, struggling to keep up with a conversation, and sometimes changes in mood or behaviour and controlling their emotions.

For example, someone might get unusually sad, frightened, angry, easily upset, or lose their self-confidence and become withdrawn.

Symptoms of dementia gradually get worse over time. How quickly this happens varies from person to person and some people stay independent for years. Dementia is a condition of the brain.

Conditions such as Alzheimer's cause nerve cells to die, damaging the structure and chemistry of the brain.



There are lots of other causes and no two types of dementia are the same. In different types of dementia there is damage to different parts of the brain.



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Other types of dementia include:

- vascular dementia (caused by problems with blood supply to the brain)
- mixed dementia (usually Alzheimer's and vascular dementia)
- dementia with Lewy bodies
- frontotemporal dementia (including Pick's)

Alzheimer's is the most common (and well known) and tends to start slowly and progress gradually. Vascular dementia after a stroke often progresses in a 'stepped' way. This means that symptoms are stable for a while and then suddenly get worse. More information about types of dementia can be found on our website.

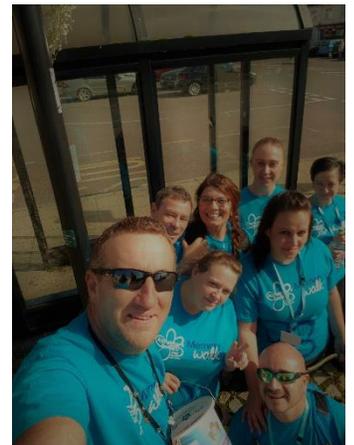
Everyone experiences dementia in their own way. Lots of things can affect this, including the person's attitude to their diagnosis and their physical health. Other factors include the relationships they have with friends and family, the treatment and support they get, and their surroundings. Which is where we think we can all help.

We believe people can still live well with dementia.

At Shedfield Lodge, we are committed to raising awareness of dementia as far and wide as we can. We have chosen to offer free Community Dementia Awareness to members of our community to ensure as many people as possible, have an understanding of the feelings of those living with dementia in our community may experience and how we, as a whole, can help support, value and respect them while maintain their dignity. Information about what we are doing can always be found on our website and we can be contacted directly at any time. Throughout the year we organize many different events to raise awareness and funds to help with research.



Recently, some of our team organized and took part in our very own 'Memory Walk' in association with the Alzheimer's Society and raised an incredible £585. Earlier in the year we also held a 'Cup Cake Day', also to raise money for Alzheimer's Society and in July we raised just over £280 at our Summer Fete.



Although there is currently no cure for dementia, scientists and researchers are working hard to find one. Until that day comes, we are dedicated to ensuring that those in our community living with dementia are able to lead active, purposeful lives and carry on doing the things that matter to them most.