



THE ALZHEIMER
SOCIETY *of* IRELAND

The Alzheimer Society of Ireland's Dementia Adviser Service



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https://youtu.be/heQxsaNnh_A

55,000
PEOPLE IN IRELAND
ARE LIVING WITH DEMENTIA



EACH YEAR OVER
4,000
PEOPLE DEVELOP DEMENTIA

THAT'S AT LEAST 11 PEOPLE EVERYDAY
Mothers, fathers, brothers, sisters, husbands, wives, neighbours & friends



HALF A MILLION
OF US HAVE HAD A
FAMILY MEMBER
WITH DEMENTIA

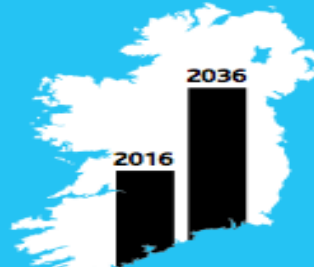


ANYONE
CAN GET
DEMENTIA
EVEN PEOPLE IN THEIR
30s/40s/50s

1 IN 10
PEOPLE DIAGNOSED WITH
DEMENTIA IN IRELAND ARE
UNDER 65



2 THIRDS
OF PEOPLE LIVING WITH
DEMENTIA IN IRELAND
ARE **WOMEN**



THE NUMBER OF PEOPLE WITH
DEMENTIA IN IRELAND
IS EXPECTED TO MORE THAN
DOUBLE OVER THE NEXT 20 YEARS, FROM
55,000 TODAY TO
113,000
IN 2036

OVER 180,000
PEOPLE IN IRELAND
ARE CURRENTLY OR HAVE BEEN CARERS FOR
A FAMILY MEMBER OR PARTNER WITH DEMENTIA

WITH MANY MORE PROVIDING SUPPORT AND CARE IN OTHER WAYS



Where do people live?



63% OF PEOPLE WITH DEMENTIA CURRENTLY
LIVE IN THE COMMUNITY

Cahill, S. & Pierce, M (2013) The Prevalence of Dementia in Ireland.
Genio Dementia Learning Event



WHAT IS DEMENTIA?

DEMENTIA IS CAUSED BY DIFFERENT DISEASES OF THE BRAIN

THESE DISEASES AFFECT THE PARTS OF THE BRAIN WHICH ARE NORMALLY USED FOR **LEARNING, MEMORY, DECISION-MAKING & LANGUAGE**



Alzheimer's Disease is the most common cause of dementia accounting for two thirds of all cases.

DEMENTIA IS PROGRESSIVE
THERE IS CURRENTLY NO CURE

Vascular dementia is the second most common type and is caused by diseases which affect the blood circulation in the brain. Other causes include dementia with Lewy bodies and frontotemporal dementia.

Symptoms include

- memory loss
- confusion with time or place
- difficulty communicating
- issues with problem solving
- changes in behaviour

THE MAJORITY
OF PEOPLE WITH
DEMENTIA ARE

**OVER
65**



**DEMENTIA IS NOT A
NORMAL PART OF AGEING**
**9 OUT OF 10 PEOPLE OVER 65
DO NOT HAVE DEMENTIA**

DEMENTIA

**IS NOT SIMPLY A HEALTH ISSUE
BUT A SOCIAL ISSUE THAT REQUIRES
A COMMUNITY RESPONSE**



People are often afraid
or embarrassed to talk
to people they know
with dementia, and this
can lead to a lot of
unnecessary loneliness.

Fear and stigma cause
isolation and prevent people
seeking help and support.
Support and services can help
people live well with
dementia for many years.

FEAR & STIGMA



**LEADING A HEALTHY LIFESTYLE
BEING ACTIVE PHYSICALLY,
MENTALLY & SOCIALLY
CAN HELP REDUCE YOUR
RISK OF DEVELOPING DEMENTIA**



You can also lower your
risk and improve brain
health by:

- ✓ Eating healthy
- ✓ Not smoking
- ✓ Avoiding excess alcohol
- ✓ Getting your blood pressure checked and treated



Understand Together is a public support, awareness and information campaign led by the HSE working with The Alzheimer Society of Ireland and Genio. **Understand Together** is one of the key elements of the National Dementia Strategy and has been made possible through a funding partnership between the State and the Atlantic Philanthropies.

www.understandtogether.ie

The significant impact of dementia

**FOR EVERY ONE PERSON
DIAGNOSED WITH DEMENTIA,
THREE OTHER CLOSE
FAMILY MEMBERS ARE
DIRECTLY AFFECTED**



Cahill, S. Pierce, M. and O'Shea, E. (2012)
Creating Excellence in Dementia Care. Dublin



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The Dementia Adviser Service...

is for people with dementia and their families



DEMENTIA ADVISERS PROVIDE SUPPORT AND INFORMATION BY:

MEETING WITH PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

- IN THEIR OWN HOMES
- AT DAY CENTRES ACROSS CORK AND KERRY
- IN HOTELS, CAFES AND CLINICS OR HOSPITALS
- ANYWHERE THAT PEOPLE FEEL COMFORTABLE

WHAT TYPE OF INFORMATION DO WE GIVE:

- All types of dementia
- Progression
- Tips for living well day-to-day
- Strategies for coping with changes
- Driving
- Legal and financial planning
- Assistive technology
- Local supports and services through all stages
- Local projects such as Dementia Friendly community projects
- Financial supports and entitlements



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The Dementia Adviser Service:



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Your local Dementia Adviser

You can contact your Adviser directly

- Name: Vanessa Bradbury
- Phone:
0214972504/0860218463
- Email: vbradbury@alzheimer.ie
- Areas covered – North and South Lee, Cork.
- West Cork
- South Kerry



There is no referral form

Health & social care professionals can refer people to the service

Working in partnership

- The Dementia Adviser service will work in partnership with existing supports and services
- We are linking with services such as
 - Memory clinics
 - Primary Care Teams
 - GP Practices
 - Public Health Nursing Team
 - Social Work teams
- We compliment existing services.



NEW CONTACTS

Cork, North and South Lee, West Cork and South Kerry.

2015 330

2016 257



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DEMENTIA ADVISER ACTIVITY

2015 and 2016

HOME VISITS

195

INFORMATION SESSIONS

220

MISC

41

CARER SUPPORT GROUP

125

INSIGHTS COURSE

67



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QUESTIONS ASKED!!!!

What is dementia?????

Where can I access services?

How do I manage.....?

Carers Allowance etc

Enduring Power of Attorney

Where can I get more information?

INSIGHTS INTO DEMENTIA – A COURSE FOR FAMILY CARERS

RUNS 2-3 TIMES A YEAR

AVERAGES 10-18 PARTICIPANTS PER COURSE

6 ONCE WEEKLY SESSIONS

10 DIFFERENT SUBJECT AREAS ALL ABOUT DEMENTIA

How do we evaluate the Insights course?

- **Pre course questionnaire**
- **Post session evaluation after session 1, 4 and 6**
- **Post course evaluation**
- **Week 6 - discuss the care delivery plan**



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Some comments from carers on the evaluation forms

Meeting other carers and hearing stories and being made aware of the help that is available – “you are not alone”

Feeling safe with all matters discussed

Finding out how to deal with dementia and learning better ways to improve both our lives



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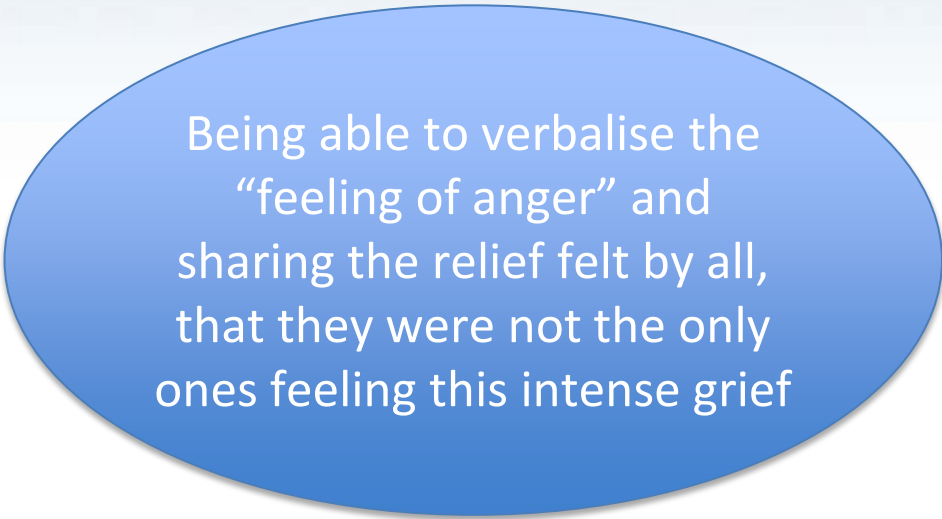
Becoming more aware
of the range of
symptoms and abilities
of the person with
dementia

The best aspects of the
course are the
interactions between
the participants


Help in taking
care of ourselves



Meeting
others in
similar
situations



Being able to verbalise the
“feeling of anger” and
sharing the relief felt by all,
that they were not the only
ones feeling this intense grief



Providing a safe
and secure
environment to
discuss fears and
practicalities

Any Questions?

- Vanessa Bradbury, Dementia Adviser
- Tel: 021 4972504 Mob: 086 0218463
- Email: vbradbury@alzheimer.ie