

The 3 primary goals of Blackpool Dementia Action Alliance:

1. Make Blackpool a Dementia Friendly town
2. To raise awareness in our communities
3. Increase membership of the DAA

Support agencies in Blackpool:

- Age UK - 01253 622812
- Alzheimer's Society - 0300 222 11 22
- Blackpool Council - 01253 477477
- Dementia Action Alliance
- Carers Trust - 01253 393748
- Empowerment - 01253 477959
- Memory Assessment - 01253 657354
- Speak to you local GP



Support & Training in Blackpool

There are a wide selection of training courses that can help support you and your family in Blackpool. Please contact us and we can signpost you to the most suitable course.

Contact Details:

To join Blackpool Dementia Alliance or for further information contact:

fairness@blackpool.gov.uk or visit
www.dementiaaction.org.uk/north_west

DAA

Blackpool Dementia Action Alliance

Dementia

What is it?

How can I help ?

Where can we get support and advice?



1117038 0815

Raising awareness of dementia: for businesses, organisations and community groups in Blackpool.



SUPPORTED BY
Blackpool Council

What is Dementia?

- There are approximately 820,000 people living with dementia in the UK.
- Dementia affects everyone differently. No two people with dementia are the same.
- Dementia is not a natural part of aging - it is a progressive disease of the brain such as Alzheimer's disease, vascular dementia and dementia with Lewy bodies.

The Symptoms may include problems with Memory

- Carrying out everyday tasks like handling money, cooking a meal or going shopping can be difficult.
- Communicating and making yourself understood can be a challenge.
- Perception - the way people can interpret what they see, feel, hear and taste can change.



How do I know if someone has dementia?

- Many people you come across may have dementia and you won't know. There may be someone you work with or as part of your group that may have dementia.
- Most people with dementia are over 65, but younger people can be affected.

Remember The Carer

- Carers play a vital role in supporting the person they care for to live as independently as possible, but sometimes this role has its challenges and can be stressful.
- It's important to understand that carers may have to react quickly in a situation e.g. abandon a conversation or activity to look after the person they care for.

"It is possible to live well with dementia"

Ways you can help

People with Dementia may :

- Look or say they are lost or confused. Ask if you can help and if so, ask them how?
- Appear to be searching for something they can't find. Ask if you can help and if so, how?
- Be having problems with money or their payment card. Be patient; tell them there's no hurry; ask if you can help pick out the right money; ask if they would like to sign rather than enter a PIN; offer to store their shopping so they can come back for it once they have remembered their PIN.
- Forget what you have just said. Just repeat your sentence patiently as if you had not said it before.
- Have difficulty finding the right words, not be able to understand you or be difficult to understand. Be clear in your communications, use props and gestures to help; find a quiet place to talk if possible.
- Say or do something repetitively, ask if you can help, and if so how?
- Become a Dementia Friend!