



**PramaLIFE**  
Age Friendly Communities

**Dementia Awareness**

Who and what  
we are....  
and where we  
came from...

- ▶ **2016 PramaLife created** within Prama, alongside PramaCare (including Prama Charity Shops). **Registered in 2017 as Charity.**
- ▶ 71 Clubs, Groups and Activities.
- ▶ Oakley Friends Dementia Carers Group.
- ▶ Dementia Awareness Sessions to Businesses, Organisations, Statutory Services, Families, Care Homes...
- ▶ Other services and support including FOCUS Carers Support.
- ▶ **PramaLife Fundraising** - £400,000 required p.a. to deliver existing services and support.

# Oakley Friends Dementia Carers

- ▶ Currently run in Canford Magna - open to any carer of a person living with Dementia - resident anywhere in Dorset.
- ▶ Monthly Coffee Morning.
- ▶ 200 Members - Regular attendance of 36-40 at Coffee Mornings!
- ▶ Twice per year - 10 session information course covering topics such as: Dementia Awareness, clinical aspects and description of dementia/diagnosis, continence/incontinence, Dementia Nurse, Carer Support at Bournemouth and Poole Hospital, LPA/Wills/Legal issues, Benefits, Aids and Equipment / Communication.
- ▶ Next information course starts September 10<sup>th</sup> 2025 - spaces available.
- ▶ Plans to expand elsewhere.
- ▶ Funding needs to be secured.

# Dementia and Dementia Awareness

- ▶ Dementia is not a natural part of ageing - Not everyone who grows old will develop dementia. Not everyone who develops dementia is old.
- ▶ Dementia is caused when diseases physically attack the brain.
- ▶ There are over 100 different types of dementia, including Alzheimer's disease, vascular dementia, dementia with Lewy Bodies, Frontotemporal dementia. These are the main four dementias, and Alzheimer's disease is by far the most common.
- ▶ Dementia is progressive, which means the symptoms will gradually get worse.
- ▶ All kinds of dementia are progressive, though they may have different progressions.

# Dementia and Dementia Awareness

- ▶ Dementia is not just about losing your memory... it can affect communication, motor skills, sequencing, vision, changes in inhibition, behaviour etc.
- ▶ Dementia can affect perception... making shiny floors look wet, patterns on fabric look real, and swirly carpets look like snakes.
- ▶ Dementia can make people think there are others present when a mirror is on the wall.
- ▶ At any one time 1 in 14 people is living with Dementia
- ▶ People with dementia may still be able to work, drive and have relationships. What they can do and how long they can do it for depend on their particular circumstances.

# Dementia and Dementia Awareness

- ▶ The Brain with dementia can be pictured as two separate bookcases:
- ▶ The Bookcase managing data, facts, names and numbers is not resistant to dementia and the 'books' fall off the shelves easily.... They will forget this information quickly, have poor short-term memory and may be living in 'their past'.
- ▶ The Bookcase managing emotions is much more robust and holds on to feelings for longer. If a person has a good experience they will be left feeling good but not remember why. If they have a bad experience they will be left feeling upset but not remember why.

# Dementia and Dementia Awareness

- ▶ Making a cup of tea - audience participation!
- ▶ First step
- ▶ Last step
- ▶ How many steps in total?
- ▶ Other Everyday Activities?

# Dementia and Dementia Awareness

- ▶ Never argue with a person with dementia.....
- ▶ Managing other conversations with a person with dementia.
- ▶ Please book a Dementia Awareness Session for your department, organisation, clubs, groups etc.....
- ▶ Thank you for listening 😊



For details of all PramaLife Clubs, Groups and Activities:

[www.prama.org.uk](http://www.prama.org.uk)

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