

DEMENTIA CARE AWARENESS

It's not called getting old, it's called getting ill.

Asking the same question over and over again. over and over again. over and over again.

Art Dementia New Forest

COME and enjoy a morning painting a subject of your choice with support and help where necessary.

There is no need to bring materials and all resources and refreshments will be provided.



Classes run on alternate Mondays at Linden House, Lymington and The Bridge, Milford-on Sea from 10am to 11.45.

For further information please contact Annabel Collette on 07855 985375 or email annabelcollette@gmail.com

All placements must be booked.



6 warning signs of dementia everyone should know

DEMENTIA is an umbrella term for a range of different conditions which gradually get worse over time.

One in 10 deaths in the UK were due to dementia and Alzheimer's disease, a charity has announced. Alzheimer's Research UK, which has a goal of finding a cure for the illnesses, has asked for any drugs "deemed safe and effective" to treat the disease to be made available on the NHS as soon as possible.

Their research found that 74,261 people died from dementia and Alzheimer's (the most common form of dementia) in 2022, compared with 69,178 in 2021. More than 48,000 were women, it said. "Symptoms of Alzheimer's are usually mild at the beginning and gradually worsen over time. People can experience issues with memory, concentration and speech; this can all culminate in the person withdrawing from social and family circles," a spokesperson for Dementia UK, the specialist dementia nursing charity, said.

Here are some of the warning signs of dementia and Alzheimer's everyone should know.

1. Mood changes

According to the NHS, dementia is not a natural part of ageing and there are other symptoms people should keep in mind, including the change in mood.

But people may not identify these symptoms right away, and family and friends may not notice or take them seriously for some time. In some people, these symptoms will remain the same and not worsen. Others with mild cognitive impairment (MCI) will go on to develop dementia.

2. Finding it hard to learn new things

Dr Tim Beandler, head of knowledge at Alzheimer's Society, said: "If I get a new piece of tech or kit, it might take me a long time to set it up, but I think I'd get there by following the instructions. But if you've got dementia, learning how to use a new appliance or device is really difficult."

3. Repeated questioning

For example, if your partner tells you they're going out in the evening but you forget what time they said they were coming back, that's probably nothing to worry about.

"But if you've got dementia, you probably won't remember something somebody told you five or 10 minutes ago, and you might ask them with repeat questioning," said Beandler.

"For a family member it can be quite annoying – obviously it's not the person with dementia's fault, but they may ask you the same question over and over. That is suggestive of a problem which might be dementia and is the kind of thing I would go to the doctor about."

4. Putting objects in strange places

Forgetting where you have put your keys or mobile phone is fine. But when you have dementia, it's common to put things in strange places, said Beandler. "You might put your house keys in your bathroom cabinet, for example. It's a bit weird, but it's the kind of thing people with dementia might do."

5. Difficulty with organisation

Organising yourself on some occasions can be difficult, especially as you get older. This could also mean that it takes longer to manage the budget or pay bills, for example. "But if you've got dementia, people really struggle, losing the ability to be organised and plan ahead," said Beandler. However, it's important to keep in mind what's always been normal for you – because it's more about spotting changes. "If you've always been rubbish with the bills or have never had a good memory, you're not going to get better as you get older, but it's normal for you," noted Beandler.

6. Struggling with daily life

If you've got dementia, your symptoms will mean you struggle with day-to-day life, Beandler stressed.

"It's that change from normal into these symptoms which get in the way of daily life, so you struggle to have a conversation and to organise things, you struggle to remember where you've parked the car, things like that. These are not just annoyances, they can really affect your ability to get on and do things."



Bluebird Care

LIVING with dementia doesn't mean you have to leave the comfort of your home. With the right care and support from Bluebird Care, you can stay where you feel most comfortable for longer. Our care is top-notch, rated "Outstanding" by the Care Quality Commission.

Starting with daily care calls can be the first step in supporting your loved ones. As dementia progresses, having consistent carers who understand the condition becomes crucial. That's why we recommend our managed live-in care solution. With this option, you'll have the daily support of a dedicated carer. We suggest a team of 2 or 3 healthcare professionals who will rotate, ensuring continuity and understanding of your needs.

Dealing with dementia can be tough for carers, especially when anxiety and agitation increase. Our live-in care services provide 24-hour support right in the comfort of your home, giving you and your loved ones peace of mind.

At Bluebird Care, we understand that one size doesn't fit all when it comes to care. That's why we tailor every package, putting you in control. Whether you need short-term care for hospital discharge or a break to visit family, or a long-term solution to keep your loved ones at home, we've got you covered.

For general advice and guidance on your care journey, don't hesitate to contact our local offices. We serve New Milton, Lymington, Sway, Brockenhurst, Lyndhurst, Totton, Marchwood, Waterside, Ringwood, Burley, and Fordingbridge areas! Call our friendly teams today and they will be happy to come to discuss the various possibilities. This is your life and your choice!

For Lyndhurst and Totton areas: 02382 026500 totton@bluebirdcare.co.uk

Waterside and New Milton/Lymington 01590 678 340 newforest@bluebirdcare.co.uk

Ringwood and Fordingbridge 01425 207 370 ringwood@bluebirdcare.co.uk

www.bluebirdcare.co.uk

DEMENTIA & CARERS SUPPORT AND ACTIVITY GROUP

TUESDAYS: 9.30am - 12.30pm

United Reformed Church in the centre of Lymington High Street, SO41 9AG

To take part in activities, booking is essential.

Please contact:

Cheryl Currie- 07942704515 | ling510@btinternet.com | Annabel Collette- 07855985375 | annabelcollette@mail.com

DO YOU HAVE A QUESTION ABOUT DEMENTIA?

COME ALONG TO LYMINGTON COMMUNITY CENTRE WHERE YOU CAN CHAT WITH A MEMBER OF LYMINGTON DEMENTIA ACTION GROUP AND COATES CENTRE DEMENTIA SUPPORT GROUP TO FIND OUT MORE.

FRI 17 MAY
2 - 4PM

MALT LOUNGE, LYMINGTON COMMUNITY CENTRE, NEW STREET, LYMINGTON, SO41 9BQ

Borlönhorne Charity

Lymington Dementia Action Group

LYMINGTON COMMUNITY ASSOCIATION

JUST TURN UP EVERYONE WELCOME

Care in the comfort of your own home *A realistic alternative to residential care*

How can Bluebird Care help you with looking after people living with dementia?

Living with Dementia does not mean that one must resort to moving into a nursing home. With the right care and support from care providers, one can stay longer in the comfort of one's home.

Bluebird Care provides the option of high-quality care, rated Overall "Outstanding" by the Care Quality Commissioning group, the regulator. Whilst daily care calls could be a first stage solution to support our beloved. Longer run as the dementia evolves, the continuity of carers is crucial to understand the condition and provide the right support. Therefore, we often advise people to consider the managed Live-in care solution, where you will have the daily support of a person who will reside with you for a minimum of two weeks up to 8 weeks at the time. Our advice is to accept a team of 2 or 3 Health care professionals who will rotate.

Dementia can be challenging for carers in general, as the anxiety and agitation of the person can increase. Our live-in care services offer the reassurance of 24-hour care and support in the comfort of your own home. Bluebird Care understands that care is not a one-size-fits-all, and that is why we tailor every package and keep you in control of your support and care. Live-in care can be a short-term or a long-term solution, for anyone who needs a high level of daily support. Bluebird Care can help people to maintain their independence while having that extra bit of care. As a persons' requirements for homecare evolves, we work with families and loved ones to manage their lives at home. If you would like to know more about our live-in care services, please contact the local office.

For general advice and guidance for you to make the right decisions about the Care journey contact our local offices. Our teams work in New Milton, Lymington, Sway, Brockenhurst areas, as well as Lyndhurst, Totton, Marchwood and Waterside areas and we have a new branch who helps people living in Ringwood, Burley and Fordingbridge areas.



What do our customers say?

"Excellent level of care. Excellent timekeeping, presentation and professionalism. Usually cheery and polite. Always adhere to guidelines and plan for care. Carers treat Dad with dignity and tidy house as required. We are very happy to entrust Bluebird carers with Dad's care."

"At first, I was skeptical about a 'stranger' coming into my home, but all concerns were soon dispelled because the ladies were considerate, kind and above all, professional. They find time (sometimes beyond their scheduled time) to have a chat. This way we get to know one another and, in essence, become part of the family. They have taken a great deal of work from my shoulders."

"Bluebird helped enormously when my father needed home care and were a great comfort to me in aiding him morning and evening. The service the carers provided was wonderful and the ladies I met at various times were so kind and always with a smile. Thank you Bluebird carers for your caring support for Dad"



www.bluebirdcare.co.uk

Lyndhurst & Totton:
02382 026500
totton@bluebirdcare.co.uk

Waterside, New Milton & Lymington:
01590 678 340
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Ringwood & Fordingbridge:
01425 207 370
ringwood@bluebirdcare.co.uk

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» Noela Chituh



ways of preventing or managing this.

"If your family is struggling to cope, we'll be there to help you get your loved one the best possible additional care and support."

Noela said: "To say I am excited about taking on the role of Admiral Nurse Clinical Lead at Kingsley Healthcare is an understatement. I look forward to embedding an effective service and making a genuine change in the lives of people with a dementia, their carers and their families."

She started her career as a support worker in a mental health home for people who had just left hospital. It was there she first found her passion for helping people with mental health problems.

"It was not until I did placements at university that I discovered my love for working with the elderly and with patients with a dementia," she said.

Highcliffe Nursing Home provides a restful setting for nursing and residential as well as dementia care, situated just a short stroll from the cliff top.

The home has a part-outstanding CQC rating and its trusted reputation in the local community is reflected in glowing reviews on carehome.co.uk.

Highcliffe has become even more popular since a recent multi-million pound investment added new luxury bedroom suites and gave a superb makeover to the whole home.

Kingsley Healthcare

» WELCOME to our new Admiral Nurse supporting residents with dementia and their families.

We are delighted to welcome Noela Chituh to our team, working at Highcliffe Nursing Home and Kingsley Healthcare's other homes in Dorset.

Admiral Nurses are trained and developed by Dementia UK to support people living with dementia, providing expert advice and comfort to their families too.

Highcliffe manager Tracey Millar said: "Noela's appointment is a hugely positive step for both our residents and their families. We are delighted to welcome her to Kingsley."



Serving Your Local Community



Specialists in:

- Nursing
- Residential
- Respite

Find out more about Highcliffe Nursing Home:



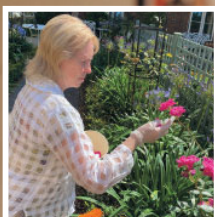
5 Stuart Road, Christchurch, Dorset, BH23 5JS
www.kingsleyhealthcare.co.uk/highcliffe

Prefer to chat to us?
 call 01425 689 799



LINDEN HOUSE LYMINGTON

DEDICATED DEMENTIA CARE



LIVE WELL

At Linden House we offer a completely different dementia care experience, guided by our philosophy of 'living well with dementia'.

Our dedicated dementia community promotes a stimulating and engaging environment where residents can live life at their own pace, maintaining a sense of purpose, independence and belonging.

At Linden House we're looking forward to **Dementia Action Week** running from 13th to 19th May, where we will support the Alzheimer's Society campaign to encourage people to act on dementia.

