

Clare Warren

Dementia Nurse Specialist and Non-Medical Prescriber

We care

We respect

We are inclusive

- **Dementia is cruel**
- **It is not the person changing, it is the Dementia changing it all that the person is and used to be**
- **The person still has the skills but cannot utilise them as well as they once did.**

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Carer and Loved One Stress

Holistic loss of all the next components:

- Financial stress
- Social isolation
- Physical difficulties
- Emotional / psychological burdens

All these components bring movement of responsibilities / tasks to a carer.

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- Knowledge helps understanding – post diagnostic visit / group
- Encouraging non-verbal communication
- Keeping the loved one in a wellbeing state through feeling
- Validation Therapy / Reminiscence (minimise Reality Orientation)

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Carers have support from:

- **Alzheimer's Society (Carer groups / CRISP / Dementia Care)**
- **Talking Therapies**
- **START – Strategies for relatives (8 sessions)**
- **Carer Assessment / Allowance / one off Carer Payment**
- **Sitting Service / Respite**
- **Age Concern**

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Carers benefit from their loved ones receiving:

- **Cognitive Stimulation Therapy**
- **Live Well with Dementia – 7 sessions**
- **Singing groups / Young at Heart / luncheon clubs**
- **Day centres**
- **Medication**

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Thank you!

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