

Understanding Dementia

Firs House and Telegraph St



A free information evening with

Valerie Freestone, Specialist Clinical Dementia Nurse and Dr Simon Poole, local GP

Topics

**Preventing dementia • Writing your own care plan • Maintaining independent living
How friends and family can help • Questions & answers**

**Tuesday 11 October 2016 • Refreshments from 7.00pm • Starts 7.30pm
Histon Baptist Church, Station Road, Histon. CB24 9LQ**

For decades, dementia was seen as an all-too-frequent complication of old age. People with the condition were often pitied and marginalised in society and even their own families. In recent years, thanks to the campaigns of dementia charities and support of the British Press, the stigma of Alzheimer's and related conditions has reduced and been replaced with an increased awareness and concern for people living with dementia.

Given that one-in-three people over the age of 65 will experience dementia at some point in their lives, and that we all know someone with the condition, it is essential that we ask ourselves whether we really understand what dementia is. What exactly does it mean for people, and how we can best prepare ourselves should it be something we have to face, either in our own lives or in those of loved ones?

Valerie Freestone RMN works in the memory service at Addenbrooke's and also provides training for hospital and community staff. She is keen to make sure that the person with dementia is very much placed in the centre of decisions about the delivery of their care, and explains how clinicians, social services staff and friends and family can make life as fulfilling as possible for affected people. This can be achieved by helping the person to live independently and making sure their wishes are fully taken into account when implementing a care package; always ensuring emotional support is empathic and effective. Vital to this task is that we recognise dementia in its early stages, and rather than denying its presence or impact, and seek a timely diagnosis and start to build a support package that is tailored to the individual's needs.

Dr Simon Poole is a well-known and much respected GP serving Histon, Impington, Cottenham and surrounding area. As a family doctor he is often the first person people turn to when they suspect dementia or memory problems. As well as explaining pathways into specialist care for affected people, he is also keen to present the latest evidence for what we can all do to help prevent the onset of dementia.

The Firs House and Telegraph St surgeries Patient Participation Group is a team of committed patients who work with the Practice Staff to give patients a voice and improve services. We also run a series of local information and support events on topical health issues. We are grateful to Histon Baptist Church for making their facilities available to the community.