









Coping with Changes

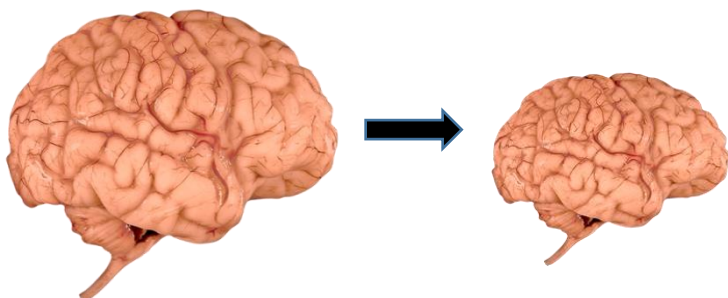


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Changes in Dementia



Dementia is an illness which changes your brain. This means your brain does not work properly.



Dementia keeps changing your brain. This means that dementia will get worse as time goes on.



The changes in the brain are different for each person with dementia.



What are the Changes?



It can become more difficult to do everyday things like getting dressed, using the toilet and eating and drinking.



It can be more difficult to move around and be active.



You can find it more difficult to remember who people are and what you are doing.



What are the Changes?



It can become more difficult to talk to people and tell them how you feel and what you want and need.



It can become more difficult for you to understand what people are telling you.



You might behave differently. You might get cross and upset. This can happen because you find it difficult to tell people what you want.



What are the Changes?



You might get cross and upset because you cannot tell people how you feel.



You might get cross and upset because you feel confused and cannot remember things.



As dementia changes it can become more difficult for you to keep safe.



Keeping Safe



Staff will talk to you and your family about making a plan to keep you safe and well.



This plan will also tell people what you want to do later on as things become more difficult.



Your plan will only be shared with the people who look after you to keep you safe and well.



Keeping Safe



Staff will keep checking the plan to make sure you are still happy.



Staff will keep checking the plan to make sure you keep safe.



It is important to have a plan telling people what choices you have made. Later on it may become more difficult for you to make choices.



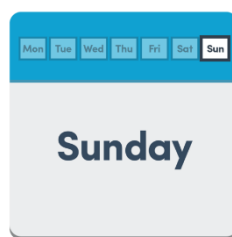
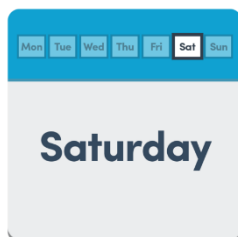
Help and Support



You and your family may need more help if your behaviour changes.



It is important that you know who to talk to if you suddenly need more help.



You can ask for support in the evenings and at the weekends.



Help and Support



Your plan will have all the information about who you can talk to.



Your family and your carers can learn more about dementia and about how to help and support you.



Sometimes your behaviour can change because you are unwell. You may have to go to the hospital for treatment.



Help and Support



Some people may need to go to a Special Unit to get extra help with the changes in behaviour.



Staff in the Special Unit will try to find out what extra support you need.



You will be given the help you need so you can go home.



Help and Support



You may need more help to do everyday things and to keep you safe and well.



As time goes on dementia will get worse. You may have to go to hospital if you are unwell.



After being in hospital you might not be well enough to go home. You may need to go to a Care Home until you are well.



Help and Support



You may need to go to a Care Home for a short break to give your family or carer a rest.



You might not be able to keep safe and well in your own home.



You and your carers will have to think about what you want to do next.



Making Choices



It is important to talk about what you would like to do if you cannot stay in your own home.



It is important that you can choose what Care Home you would like to live in.



Your carer and professionals can talk to you about the different places you can live.



Making Choices



As dementia changes it will become more difficult for you to tell people what you want.



If you cannot tell your carers and professionals what you want they will try to help you.



Your carers and professionals may have to make choices for you. They have to do what is best for you.



The Mental Capacity Act



The Mental Capacity Act is law. It is about making choices. It says that you should make your own choices.



The Mental Capacity Act says that you should be given the help you need to make choices.



The Mental Capacity Act says that if you cannot make choices then your carers and professionals must do what is best for you.



Things to Remember



Dementia keeps changing your brain. This means that dementia will get worse as time goes on.



It is important to tell people what choices you have made. Later on it may become too difficult for you to make choices.



The Mental Capacity Act says you should get help to make choices. If you cannot make choices your carers and professionals must do what is best for you.



Get More Information



You can get help from charities, your local Health and Social Care Trust and local council.

This easy read booklet was created with the help of

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Personal and Public
Involvement (PPI)



Involving you,
improving care



Public Health
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