

April 2009

मेरी याददाँ

Newsletter

RECOGNISING DEMENTIA WITHIN SOUTH ASIAN COMMUNITIES



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Lasting Power of Attorney

In the last issue we talked about the Mental Capacity Act. One of the important principles of this Act is to give people protection and choice when it comes to their personal, social and financial affairs.

The Lasting Power of Attorney (LPA) is an important legal document that can be used when necessary when the mental state of the person has deteriorated so that they are no longer able to manage their own personal and financial affairs any longer.

There are 2 types of Lasting Power of Attorney:

1. Personal welfare Lasting power of Attorney which is related to decisions about your personal welfare

2. Property and affairs Lasting power of Attorney which is about financial matters

The person who is appointed must be someone you trust, as power of attorney must be aged at least 18 years, be of sound mind and not been the subject of bankruptcy.

Even if you have dementia it may still be possible to draw up a LPA. You can get advice on how to get an LPA from Alzheimer's Society Bradford on 01274 733880.

Get checked out!!

Everyone needs to make sure they are visiting their opticians regularly. A simple eye test can help identify abnormalities such as diabetes and high blood pressure.

Sometimes if these conditions go unnoticed they can lead on to further complications including strokes that may trigger dementia. So it is important to go for your check ups regularly. There are concessions on the test and glasses if people are on certain benefits. Ask your optician about this.



Vitamin D and your health

Why not take advantage of the coming spring and summer days to boost your levels of Vitamin D. Vitamin D is important to our bodies because it helps promote healthy bones and immune systems. As we get older our bodies find it difficult to generate Vitamin D so it is important to make sure we have enough.

We can get vitamin D by over the counter multi vitamins. Ask your GP or pharmacist for more information. You can also try and expose your skin carefully in the sunlight- aim for about 20 to 30 minutes daily. Asian women are particular at risk because they cover up.

Eat cereals that have been fortified with Vitamin A and try having some oily fish such as salmon in your diet. Vitamin A also helps you concentrate and so would be good in your diet too!

Sugra's predicament

Sugra speaks very little English, is a housewife and lives with her husband, 2 young children and her elderly mother and father in law. Life is very stressful for her and her husband who works full time as a bus driver. Sugra has noticed that her mother-in-law has started to put things in unusual places and then forget where she has put them.

On Friday she went to the bathroom to prepare for Friday Jumma prayers and forgot her way to the bathroom and wandered into the bedroom where Sugra found her very upset. Sugra has also noticed that her mother in law is becoming more withdrawn and this is a distinct difference to her normal very social personality.

Sugra has mentioned this to the other family members but no-one is showing much interest. What should Sugra do next and what advice would you give her about where she can get advice and support?



Happy Birthday!!!

The Meri Yaadain Project is now three years old. To mark this occasion and to celebrate the work of

the team's achievement so far, we are having a DVD commissioned.

The DVD features our service users in starring roles talking about their experiences with a view that this will help other such families who are shying away from accessing appropriate information and support to help themselves or their loved ones.

We hope to launch this DVD and a Meri Yaadain website in early May 2009.

Please log on to www.meriyadain.co.uk and let us know what think of the website so far - but remember it is still work in progress.



On location - Matt from Dawson Communications

Recipe

Spicy fried egg curry

Serves 2

4 eggs

2 tablespoons oil

1 small bunch spring onion chopped

1 green chilli chopped

A handful of coriander chopped

A teaspoon mixed Asian bassar

A pinch salt



Method:

1. Crack the eggs into a ball and whisk with fork
Add spring onion, chilli, bassar and salt. Mix together well.

2. Heat the oil in a frying pan on low heat. Once hot, add the egg mixture and allow to settle and cook gently string occasionally. Once the egg mixture is cooked throughout add coriander.

3. Remove from heat.

Serve hot or cold with chapatti or naan bread.

Did You Know?

Did you know that 1 in 4 people are affected by mental health problems?

Visit: www.mentalhealthinbradford.nhs.uk for practical support and advice.

Test your mental ability

1. What is 3 x 14 =
2. You go into a shop and buy a bottle of Ajar for £1.35, a packet of Tandoori Masala at 79p and a bunch of coriander for 65p how much change would you get from £5.00?
3. Can you count backwards from 20 to 1 without making a mistake?
4. Arun Bashu takes a daily brisk walk for 20 minutes in the park. How many minutes does this add up to over a week?
5. Rearrange these mixed up words - what are the words?
UMSMRE IFRADY URTFI ATHAC ISANA
ERMI ADYANIA IANIVMDT

Answers:
1. 42 2. £2.21p 3. 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
4. 140 minutes 5. SUMMER, FRIDAY, FRUIT CHAAT, ASIAN, MERI YAADAIN, VITAMIN D

MeriYaadain Support Group

The MeriYaadain Support Group has been meeting on a monthly basis. It helps older South Asian people suffering from mental health problems -- in particular dementia, and their carers to meet up regularly.

The meetings have helped our service users to access information and advice on matters relating to dementia, disability equipment, community mental health, seated exercise, fruit bingo, healthy eating, carers' issues, health

promotion and above all a listening ear.

Being able to meet other like-minded people, many of our attendees benefit from speaking to someone who understands and shares their frustrations and worries.

The group meets every third Wednesday of each month. The venue does change sometimes, so it is always best to check first.

For more information please contact MeriYaadain staff on: 01274 435194 (Monday to Wednesday) or 01274 435190 (Monday & Wednesday).



For further information on anything you have read in this newsletter, or for information on dementia amongst South Asian older people, please contact the Meri Yaadain Team on:

01274 435194
01274 435190
or 01274 431308