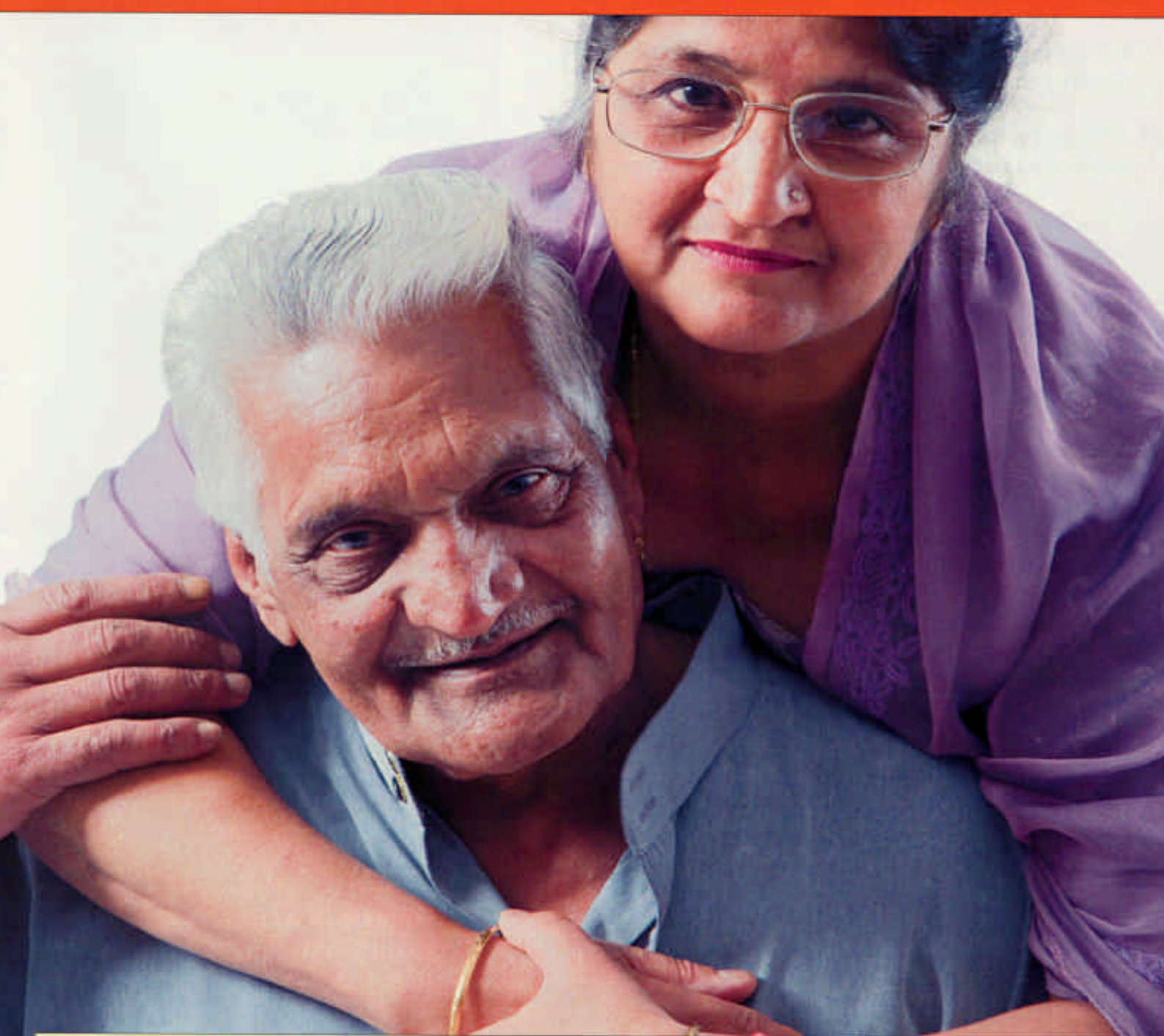


January 2009

# मेरी Pyaadaain

Newsletter

RECOGNISING DEMENTIA WITHIN SOUTH ASIAN COMMUNITIES



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## Dignity In Care

Dignity relates to being given a high quality care service which respects people's dignity. This should include:

1. Not putting up with any type of abuse
2. Supporting people with the same respect you would want for yourself or a member of your family
3. Treating each person as an individual by offering a personalised service
4. Enabling people to keep as much independence, choice and control as possible
5. Listening and supporting people to express their needs and wants
6. Respecting people's right to privacy
7. Ensuring that people feel able to complain without fear of retribution
8. Engaging with family members and carers as care partners
9. Assisting people to maintain confidence and positive self esteem
10. Acting to lessen people's loneliness and isolation.

## Bradford District Carers' Strategy 2008 - 2013

A 'Carer' can mean different things to different people. However the Department of Health defines a carer as someone who spends a significant part of their time in providing support to family or friends (usually) in an unpaid capacity.

The Bradford District Carers' Strategy is designed to help focus on how services will improve over the next five years, thereby supporting carers to carry on caring but feeling that

they are supported.

This includes having a joint Commissioner for Carers (ie Primary Care Trust and Bradford Council). Carers would need to have access to information and support appropriate to their needs and the existence of emergency care provision.

There will be a review of the Bradford District Carers' Joint Strategy Team. A carer support directory will be developed and produced, and information and training will be undertaken within the third sector (Voluntary and community organisations).

## Mental Capacity Act 2005

The (fairly) new Act has a number of principles which define its intent and purpose. These principles are designed to help decision makers ensure that they do their utmost to include the wishes of the person for whom care is planned or decisions made.

**Principle 1:** Presumption of Capacity - ie that every adult has the right to make his/her own decision and must be assumed to have capacity to do so unless it is proven otherwise.

**Principle 2:** Right of individuals to be supported to make their own decisions, ie that people must be given all appropriate help before anyone can conclude that they cannot make their own decisions.

**Principle 3:** Individuals retain the right to make decisions that seem to others unwise or somewhat eccentric.

**Principle 4:** Best interest - ie anything decided for the individual must be in their best interest.

**Principle 5:** Least restrictive alternative - ie anything that is done for or on behalf of the person without capacity, should be least restrictive of the basic rights and freedoms.



# Eating healthily in 2009

Many people make New Year resolutions and a popular one is to look after one's own health. This might mean losing some weight, exercising more or making sensible choices when deciding what to eat. Eating well is about feeling good, being more energetic and being healthy.

We often have health professionals such as doctors and dieticians (people who advise us on what to eat and how much to eat) telling us to make choices by looking at diagrams of food groups. But the problem is that many of the Asian food items are either missing or are simply too specific to be included on them.

So as it is the new year, we thought we would give you a helping hand by including some useful information from the South Asian Health website. We felt this information would help you make better food choices and eat more balanced, varied and healthy meals.

Why not try using this chart and then letting us know how you got on with making healthier choices?



## What should Amar do... ?

Amar came to England in 1959 and was a textile worker until he retired in 1992. Now aged 78 years he is partially paralysed and lives with his eldest son Javed.

He moved in with Javed and his family three years ago after a stroke. In the beginning everything was wonderful; Javed was able to help look after his dad, the grandchildren thought it was brilliant that 'Dadaji' was now a part of their family and Javed's wife Kulsoom always got a lot of praise from family and friends for being such a good daughter-in-law.

But then things changed last year. Javed made excuses if dad wanted him to sit with him, the grandchildren gradually became more interested in playing with their new Nintendo Wii and Kulsoom had had enough praise, she wanted her life back.

Being spoken to in abrupt, rude tones, name calling, handling roughly and not feeding Amar properly at regular times has become the norm. Amar is asking himself: what should he do?

## Exercise for the elderly

Exercise is very important, no matter what your level of mobility is. It is always wise to seek advice from your doctor or nurse before starting any course of exercise.

Bradford Council has a large number of health and fitness centres, swimming pools and other activities such as bowling, seated exercise etc. There is something for everyone which means there is no excuse not to get yourself fitter and healthier.

For more information on what might be available in your locality, please ring Richard Dunn Sports Centre on 01274 307822.





# Did You Know?

...your brain uses approximately 20% of the total oxygen pumping around your body!

...and about 750ml of blood pumps through your brain every minute!

## Getting a good night's sleep

Sleep is often not on people's list of factors that contribute to good overall health. Your body needs a good night's rest to be able to work well. As we get older many people experience episodes of insomnia (ie you can not sleep).

Health professionals argue that it is important to get a good night's sleep as this helps your body in a number of ways: it could help towards preventing cancer, helps you to be alert, boost your memory, reduce stress and depressed and help you lose weight.

We should be aiming for about 8 hours of sleep every night to re-energise our bodies.

Tips for getting off to sleep:

- < Try to stick to a regular routine
- < Avoid eating a heavy meal shortly before bedtime
- < Try to relax and wind down rather than keep your mind busy before bedtime
- < Avoid caffeine before going to bed
- < Make sure your bed and the bedroom environment are comfortable
- < If you can't get off to sleep, get up and do something to distract you before you can become sleepy again.

But if problems persist, you need to go and talk to your doctor.

## Meri Yaadain Support Group

The Meri Yaadain 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. We usually meet up at Carlisle Business Centre, but it is always best to check first.

**For more information please contact Meri Yaadain staff on:**  
**01274 435194 (Monday to Wednesday) or**  
**01274 435190 (Monday & Wednesday)**

## Last month's Sudoku answer

5 2 3 1 4 7 6 9 8  
6 1 9 8 2 5 4 3 7  
7 8 4 9 3 6 5 1 2  
3 7 5 4 1 2 8 6 9  
2 9 6 7 8 3 1 4 5  
1 4 8 6 5 9 7 2 3  
9 5 7 3 6 1 2 8 4  
4 6 2 5 9 8 3 7 1  
8 3 1 2 7 4 9 5 6

*The Meri Yaadain Team would like to wish everyone a very Happy New Year. We hope 2009 brings you lots of happiness and good health.*

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**