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ਲਦਾਗੇ ਪੁਆਦਾਇਨ

Newsletter

Recognising dementia within South Asian communities



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National Dementia Strategy

As the population of the UK is getting older, it is expected that the number of people diagnosed with dementia will increase dramatically over the next 20 years.

Ivan Lewis MP, Minister of State for Care Services, has set work in motion to put together a National Dementia Strategy. This strategy has been out for consultation over the summer, hopefully to be launched during October 2008.

The Strategy contains three main parts:

1. Improving awareness of dementia
2. Early diagnosis and interventions
3. Improving the quality of care.

Representatives of the Meri Yaadain Team have attended two different consultation events regarding the Strategy and we hope that some of our good practice - which is shared by a number of other organisations - will be included in the final report.

Dementia or Memory loss

Some memory loss is common as we get older. However memory loss can also be an early sign of an illness called **dementia**.

Many of those with dementia in the early and intermediate stages are able to cope well in their own home, due to the familiar surroundings. Others may need more frequent supervision, full time care in the home, or care in a residential or nursing home.

Support and care is the most important part of treatment for dementia. Many people with dementia are cared for in the community, often by a relative or friend. However, caring for a person with dementia can be very difficult.

In the Bradford district we have a number of organisations to help carers. These include the Meri Yaadain dementia project, Carer's Resource and Carer's Connection.

More details are available from Nazia on 01274 435194.

Worried about your memory?

The Alzheimer's Society estimates that there are about 700,000 people who suffer from dementia in the UK, which will rise to more than a million people by 2025. But many people still remain unaware of the illness.

To combat this, the Alzheimer's Society has launched a new campaign called 'Worried about your memory?' The campaign seeks to raise awareness of dementia and to encourage

people to seek advice and support in case they themselves, a relative or a friend are showing early signs of dementia.

Although memory problems are common and affected by factors such as age, tiredness, stress, depression and some physical illnesses, the Alzheimer's Society is encouraging people to seek advice and help if they:

- Struggle to remember recent events, although it's easy to recall things that happened in the past
- Find it hard to follow conversations or

programmes on TV

- Regularly forget the names of friends or everyday objects
- Can't recall things heard, seen or read
- Have difficulty in making decisions
- Repeat themselves in conversation, or lose the thread of what they are saying
- Have problems thinking and reasoning
- Feel anxious and depressed, or angry about their forgetfulness
- Find that other people start to comment on their forgetfulness.



The Khan family

Akbar Khan is a 69-year-old diabetic who lives with his wife Suraya and their son and daughter. Although Akbar had worked on

the buses in Yorkshire for many years, his health started to fail and he took early retirement in 1996.

Over the last two years his family have noticed that Akbar is increasingly forgetful and is beginning to repeat things on a frequent basis. When his wife and children remind Akbar that he has already done the task he gets up to do again, Akbar is confused and upset at being stopped.

The family have been to their GP who told them that there wasn't really anything to worry about at the moment and that they should ensure Akbar continues to take his medication for diabetes and blood pressure.

The family accepted the advice of the doctor and made sure that Akbar's blood pressure and

diabetes was kept in control by taking the medication as prescribed.

Over the past six months or so, Suraya and her children Dawud, a teacher and Saima, a Customer Service Assistant, have become very worried about Akbar's memory and behaviours.

It was by chance that Saima saw a Meri Yaadain leaflet at her friend's house and realised that the symptoms described in the leaflet were the same as her dad's.

Saima spoke to her mum and together they contacted the Meri Yaadain team. After a home visit to see Akbar and the family, the Meri Yaadain team referred them to a Social Worker. Following an assessment, Akbar gets a Day Centre outing twice a week and visits the Meri Yaadain support group with his wife where they can talk to other people in similar situations.

Suraya now feels much more relaxed about her husband's situation as he understands the issues relating to dementia. They have since been referred to the Memory Clinic by their doctor and are now waiting for an assessment to see if Akbar really does have dementia so he can then be advised and supported accordingly.

RECIPE: Kheer (Rice pudding)

Ingredients -

- ½ cup rice (basmati)
- 4 cups milk
- ¼ cup raisins
- 1 cup sugar
- 1 tsp cardamon (or nutmeg)
- ¼ cup almonds (shredded & blanched)
- A few strands of saffron (optional)



Method -

1. Wash rice well
2. Boil the milk and add the rice. Simmer on low heat for 1 ½ hours. Stir frequently to prevent sticking
3. When the rice is cooked and the mixture gets a semi-thick creamy consistency, add the sugar and stir well
4. Remove from the heat and add the cardamon, saffron, shredded almonds and raisins
5. Serve warm or chilled.

They walk off do they?

- ✗ Make sure they either wear a bracelet with their ID on it or that they always carry a card with their contact details on
- ✗ Install door chimes so you know when exterior doors are being opened
- ✗ Ask neighbours to call you if they see your loved one out alone
- ✗ Go with your loved one if he or she insists on leaving the house. Don't argue or yell. Instead, use distraction or gentle hints to get him or her to return home.



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

SUDOKU

Can you place the numbers 1 to 9 in every 3 x 3 square so that you only have 1 set of 1 to 9 in each row, each column and each 3 x 3 box.

The solution will be given in the next issue.

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 3rd Wednesday of each month. The venue does change sometimes, so it is always best to check first.

For more information please contact Meri Yaadain staff on:
01274 435194 (Monday - Wednesday) or
01274 435190 (Wednesday & Thursday).

Trick questions:

1. A man was driving a black truck. His lights were not on. The moon was not out. A lady was crossing the street. How did the man see her?
2. Do you say, "Nine and five ~~is~~ thirteen" or "Nine and five **ARE** thirteen" ?

Answers:
 1. It was a bright, sunny day
 2. Neither, nine and five make FOURTEEN

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