

Dementia Awareness in Slough

(For over 65 year olds, their family members and carers)

Dementia describes an overall decline in memory and other cognitive skills severe enough to reduce a person's ability to perform everyday activities.

Types of dementia

Different types of dementia can affect people differently, and everyone experiences symptoms in their own way. People with young onset dementia may also experience unexplained changes in vision, hallucinations, or making repeated visits to the optician.



6 in 10
Alzheimer's
Disease



2 in 10
Vascular
Dementia



2 in 10
Other forms
of Dementia

Dementia in numbers

944,000 people in the UK (2021) with dementia rising to 1.1 million by 2030. The cost of dementia is expected to double by 2050. There is a relatively low number of dementia cases in Slough (all ages vs over 65s) compared to the South East and England.

Lack of diagnosis: Around 40% of residents are expected to live with Dementia but have not received a formal diagnosis.

Important warning signs



Memory loss:
Difficulty recalling recent events or things that happened in the past



Mood changes:
Becoming irritable, anxious, sad, or frightened, or losing interest in things



Difficulty with communication:
(talking, reading, writing) and completing familiar daily tasks

Risk factors

Up to 40% of diagnosed cases are linked to lifestyle risk factors accumulated over time. Any midlife changes like quitting smoking, cutting alcohol and staying connected could prevent and slow the process of cognitive decline.



Dementia diagnosis process

If you're worried about any warning signs you or a loved one may be experiencing, you can follow the steps below that will help with a timely diagnosis:

- Step 1:** GP consultation (history, signs and symptoms, physical examination, and cognitive tests).
- Step 2:** Referral to a specialist (memory clinic).
- Step 3:** Specialist assessment and pre-diagnostic counselling.
- Step 4:** Diagnosis is made based on comprehensive evaluation (history, tests, scans).
- Step 5:** Outcome - you have the right to be informed about the diagnosis and sources of support.



Memory Clinic (Slough Upton Hospital) offers a range of support services for people with memory problems, including:

- Assessments:** They can assess cognitive ability and memory to help diagnose dementia as early as possible.
- Treatment options:** They can discuss treatment options, such as medication, cognitive stimulation therapy, and post-diagnostic counseling.
- Support for carers:** They can provide support and information for carers, including educational programs.
- Strategies to help with memory difficulties:** They can provide strategies to help people minimise memory difficulties and live independently.



Where to get help and support



- Older People's Mental Health Service**
www.berkshirehealthcare.nhs.uk
0300 247 3001
- Slough Memory Clinic**
www.nhs.uk/services
0300 247 3001
- Slough Borough Council Adult Social Care**
www.slough.gov.uk/adult-social-care
01753 475 111
- Age UK Berkshire Dementia Support and Services**
www.ageukberkshire.org.uk
0118 959 4242
- Alzheimer's Society**
www.alzheimers.org.uk
Dementia Support Line - 0333 150 3456
- Alzheimer's Dementia Support**
www.adscharity.com
No direct line. Email: terrie.hall@adscharity.com
0751 616 5647
- Younger People with Dementia**
www.ypwd.info
0118 207 2880
- Dementia UK (Admiral Nurse Dementia Support)**
info@dementiauk.org
0208 036 5400
helpline@dementiauk.org
0800 888 6678



Early and warning signs of dementia



Dementia risk factors



Acknowledgments:

We would like to thank Dr Leidon Shapo and the PH intelligence team for their input to the dementia prevention work and the inclusion in this leaflet. We would also like to thank: the Dementia Prevention Task & Finish Group, Older People Steering Group, the Co-Production Network, and our local carers for their contribution to this dementia awareness leaflet for our Slough residents.