

## Staying independent with dementia

Being diagnosed with dementia will have a big impact on you and your life. You and your family may worry about how long you can look after yourself, particularly if you live alone.

Everyone experiences dementia differently and the rate at which symptoms become worse varies from person to person.

But with the right support when you need it, many people live independently for several years.

### Living at home when you have dementia

In the early stages of dementia, many people are able to live at home and enjoy life in the same way as before their diagnosis.

Following a dementia diagnosis, you should have been given advice on how you can keep doing what is important to you for as long as possible as well as information about local support and services that you may find helpful.

But as the illness gets worse, it is likely that you will find it more difficult to look after yourself and your home. You may then need extra help with daily activities, such as housework, shopping and adaptations to your home.

### How to get extra help and support

Apply for a needs assessment from the adult social services department of your local council. This will help to identify where you might benefit from help, such as with meals or housework. A needs assessment should be done face to face. It's a good idea to have a relative or friend with you, if you're not sure what your needs might be. They can also take notes for you.

### How technology can help you at home

Advances in technology mean there is now a growing range of products and services to help those with dementia or other long-term conditions live independently and safely. This is also known as assistive technology. portable alarms or fixed position alarms – when activated these make a high-pitched sound to alert someone movement sensors – to detect, for instance, when someone has fallen out of bed

telecare systems – sensors or detectors that automatically signal to a carer or monitoring centre by phone  
pill dispensers – release medication at appropriate intervals



### Daily living aids

These include products that help with day-to-day tasks, such as:  
clocks showing the day and date as well as the time  
reminder devices to prompt when to take medication or appointment alerts

telephones with big buttons – these can be pre-programmed with frequently used numbers.

## Dementia research

Dementia research is underfunded when compared to the huge cost of the condition. This means that there are relatively few research workers in the field of dementia.

By 2021, over a million people will be living with the condition and this will cost the economy £30billion.

### Play your part in research

There are lots of different ways to support research. You could be a research study participant, make a monthly donation or leave a gift in your will.

### Taking part in a study

There are lots of research studies and most are grateful for any support or time you can provide. Its vital people with and without dementia take part in research to develop new treatments and improve the care and support

available to people affected by dementia. This could involve taking part in a drug trial or you could simply provide a blood sample.

You could be involved by completing a survey, have a brain scan or take part in a focus group to share your experience with dementia .

So far Join Dementia Research has.

37640 Volunteers

10593 Volunteers enrolled in dementia studies

240 NHS, university and commercial research

organisations have used the system to date

1011 trained researchers using the service

81 research studies currently open to recruitment

If you would like to sign up go to [www.joindementiaresearch](http://www.joindementiaresearch) . The service is aimed at people with dementia and their carers, but anyone with and without dementia over the age of 18 can sign up.

There are other organisations that will also like to have volunteers, try the internet to find others.



