# Living with Dementia



novuscare

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> We hope this guide will provide some useful information to help a loved one live well with Dementia and remain in the comfort of their own home for as long as possible.

# Introduction

At Novus Care, we understand caring for someone living with Dementia can be difficult for not only the person who has Dementia but particularly hard for those close to them.

The number of people living with Dementia is steadily increasing and when someone with Dementia is faced with the difficult reality that their mental capabilities are steadily declining, they often require support and reassurance to deal with the daily challenges of living with Dementia.

This guide aims to support an understanding of the progressive nature of Dementia and the challenges families and friends face on a daily basis. We recognise every person living with Dementia is unique and effects everyone differently as signs and symptoms differ depending on the type of Dementia. These symptoms are dependent upon the section of brain that is damaged.

Although Dementia affects predominantly those over 65 there are now over 40,000 young adults living with Dementia in the UK. As Dementia affects everyone differently, it's hard to predict how long somebody will be able to live a normal life following diagnosis.



# What is Dementia?

Dementia was a relatively rare occurrence before the 20th century as fewer people lived to old age. It was not until the mid 1970s that Dementia began to be described as we know it today.

Dementia is a term that describes a set of indicators which affect brain functions such as memory, language skills and information processing. There are many different types of Dementia with Alzheimer's and Vascular Dementia being the most common forms.

Dementia is a progressive disease for which there is currently no cure. Once someone is diagnosed with Dementia, they may deteriorate very quickly or they may have years left before care is required. Many people care for a loved one with Dementia in the early stages of the disease.

The word Dementia comes from the Latin "de" meaning "apart" and "mens" meaning "mind". Dementia literally means "deprived of mind".



**Dementia causes problems with:**

- Memory
- Thinking speed
- Mental agility
- Understanding
- Judgement.

**As a result, it can cause:**

- Memory loss
- Confusion
- Difficulty finding the right words
- Difficulty with numbers
- Changes in mood and behaviour.



# What is Alzheimer's disease?

Alzheimer's is one of the diseases that leads to Dementia. It was named after Alois Alzheimer – the doctor who first described the disease back in 1906. With Alzheimer's disease, proteins build up within the brain, leading to irreversible damage. These proteins 'clump' together to form 'plaques' and 'tangles' that interfere with connectivity between nerve cells. Over time, nerve cells die off within the brain, causing the brain to shrink.

Alzheimer's is one of the most common causes of Dementia. Other causes include Dementia with Lewy Bodies, Vascular Dementia, Frontotemporal Dementia and Mixed Dementia. If you or a loved one has been diagnosed with Dementia, it's important to find out the type in order to get the best possible support.

> While Alzheimer's and Dementia are not curable, a person-centered approach to care can help to reduce symptoms and sometimes slow the disease down. Medication can also be prescribed by a GP in the early stages of Dementia.



**What's the difference between Alzheimer's and Dementia?**

These terms are often used as one and the same, but they actually have different meanings.

Dementia is an umbrella term that describes a wide range of symptoms and Alzheimer's disease is the cause of the symptom. Alzheimer's disease accounts for 60-80% of Dementia cases.

# How to get diagnosed

Getting an official diagnosis begins with your GP who can help answer questions you may have about Dementia. It's important to find out the Dementia type in order to get the best possible care and support.

> In preparation for your doctor's appointment make a note whether they have shown any of the following most common warning signs for Dementia:

### 1. Memory loss

One of the first signs of Dementia is memory loss. Becoming generally forgetful is not always a signal towards Dementia – but short term memory loss can be one of the early signs to watch out for. Are they forgetting familiar dates or names and also the context in which he/she remembers them.

### 2 . Change in personality

As a disease that affects the brain, Dementia can also have an impact on a family member's personality. If you have noticed any recent changes in their mood or behaviour, such as out of character mood swings or emotions, this could be a warning sign. Memory problems can often make people frustrated and angry.

### 3. Misplacing possessions

We all forget where we put our keys from time to time – but for someone with Dementia, misplacing items is a common occurrence. They may also misplace possessions in unusual places, for example items which are not food may end up in the fridge.

### 4. Disorientation

Somebody living with the onset of Dementia can become easily disorientated to time and place. For example, they may get confused about the time of day and turn up for dinner in the morning. They may also become lost in familiar places, which can be distressing.

### 5. Social withdrawal

Dementia can make a person very passive – they may sit staring into space for long periods of time, sleep a lot or watching TV. If you notice somebody is losing interest in their hobbies or social events, it may be a sign of Dementia if there are other symptoms pointing in that direction.

Dementia affects brain function and over time, a person living with Dementia will lose the ability to perform basic tasks for themselves. It is important to secure the right Dementia care for yourself or your loved one before the condition takes hold.





### 6. Finding the right words

Do they struggle to find the right words or have trouble following a conversation? They may stop in the middle of a conversation or constantly repeat themselves. They also may struggle naming a familiar object or use the wrong name.

### 7. Poor Judgement

Another early sign of Dementia is if they are wearing winter clothing on a hot day or perhaps they are overlooking a health problem that needs attention. You may have noticed they are paying less attention to their appearance or are being careless with their money – giving money away money to people they hardly know.

### 8. Difficulty completing tasks

Dementia makes everyday tasks more difficult. Are they struggling to change channels on a television or make a cup of tea – you may want to pay close attention to ensure this isn't a sign of Dementia. If they have difficulty completing tasks such as following a recipe or preparing a simple meal these are also Dementia warning signs.

### 9. Trouble with images or spatial relationships

Are they having difficulty reading, judging distances or struggling to determine colour or contrast? They could even look in a mirror and think someone else is in the room and not realise they are the person in the mirror.

### 10. Loss of abstract thinking

Those living with Dementia with Alzheimer's disease may lose the ability to solve problems. Are they struggling to keep track of their household bills? They may have difficulty with problem-solving or do simple mathematics because they have forgotten what to do with the numbers.

# Finding the right support

If you or a loved one has recently been diagnosed with Dementia it is vitally important to give yourself time to adjust before making any life changing decisions. Share your concerns and feelings with family and friends before you sit down together and discuss an action plan for the future. It is crucial to do this as early as possible after a Dementia diagnosis whilst you are still able to make clear decisions for yourself.



### Here we share what key actions you should take after a Dementia Diagnosis

- Contact your local authority and find out what help and support you'll need as all care and support assessments are free of charge
- If you're still working – talk to your HR department. Employers are legally required to support you and make any necessary adjustments
- Discover what support services are available in your own area as they do vary from county to county – ask your local GP for information
- Contact your local Age UK and the Alzheimer's Society as they have a wealth of information about local helplines, groups and services
- Contact DVLA and your car insurance company as although you are still able to drive, you're legally required to inform them of a Dementia diagnosis.

### Get your Financial Affairs in order

- Make a will
- Ensure all bank accounts and important paperwork can be located easily
- Consider setting up a direct debit account, this ensures bills are paid automatically
- Discover what benefits you're entitled to by contacting your local AGE UK
- Choose someone you trust to have lasting power of attorney.

### Create a Memory Book

A memory book is an ideal way for those with a Dementia diagnosis to provide a record of their life. This is extremely useful as the disease progresses and memory loss increases.

Details to include are:

- Add photos of family, friends and pets and add their names alongside each photo
- Include information about your jobs, who and where you worked
- Describe your hobbies and interests
- Note what your favourite meal is and food that you dislike
- Include special keepsakes – tickets from a favourite concert, football match or theatre show
- Create a playlist of your favourite songs.

### Take Care of your Health

- Ensure you eat a healthy balanced diet rich in fruit and vegetables and low in sugar and red meat
- Exercise regularly
- Research Assistive Technology at home.

**To help you on a day-to-day basis, there are so many different technologies that can help those living with Dementia.** Here are some devices to help you or a loved one to continue to live life independently at home:

- Choose a telephone with big clear buttons and set up a speed dial. Add photos of family and friends photos to stick onto their numbers
- Add pictures on internal doors and cupboards for visual prompts. For example images of pans and pots on kitchen cupboards
- Talking clocks with large displays and calendars to help you keep track of the date and the time
- Adding a locator device onto key day-to-day items (a small electronic tag) to help you find important items such as your purse, wallet, phone or keys
- Electronic medication boxes will remind you or a loved one to take their medication
- Smart Devices such as Amazon's Alexa allows you to ask questions and Alexa will provide and answer
- Robotic technology now includes automatic vacuum cleaners and even robotic pets.

## Plan your care

**Do you want to stay at home?** It is extremely important that you include information in your care plan about how you want to be cared for and where! You also need to discover if you are requiring extra care and support at home – how this will be funded and what you are entitled to.

At Novus Care, we understand it can be a worrying time for families with a Dementia diagnosis. The majority of those who have a Dementia diagnosis want to remain in their own home which is where our Dementia carers can help. Dementia Carers from Novus Care are professionally trained Carers who specialise in Dementia care and who can provide care and support from just 30 minutes per week to 24/7 live in care and support.

# Common Types of Dementia

> There are more than 200 types and sub-types of Dementia. Here, we take a look at the main types of Dementia and what these conditions entail.

## Alzheimer's Disease

Alzheimer's disease is the most common form of Dementia and it is estimated to be responsible for up to 70% of all Dementia cases. Alzheimer's is a progressive disease which means that over time, more parts of the brain are damaged and more symptoms develop which often get worse.

### Early signs of Alzheimer's

- Forgetting recently learned information
- Problems following a familiar recipe or keeping track of monthly bills
- Having difficulty concentrating and taking much longer to do things than they did before
- Feeling disorientated or getting lost
- Struggling to name familiar objects (e.g., calling a "watch" a "hand-clock")
- Feeling confused, suspicious, depressed, fearful or anxious.

## Vascular Dementia

Vascular Dementia is the second most common type of Dementia (after Alzheimer's disease) and there are several different types of Vascular Dementia.

The most common type is subcortical Vascular Dementia, meaning that it is caused by changes to small blood vessels. Other types can be caused by a stroke or smaller kinds of stroke which blocks major blood vessels in the brain. Those who are diagnosed with Vascular Dementia may not suffer memory loss in the early stages of the condition, but will instead have an inability to plan or make decisions, combined in many cases with poor or impaired judgement.

Vascular changes that start in brain areas that play a key role in storing and retrieving information may cause memory loss that looks very much like Alzheimer's disease. In the early stages, these problems may be barely noticeable or mistaken for something else, such as depression. But they indicate some brain damage has happened and that treatment is needed.

### Early Signs of Vascular Dementia

- Slowness of thought
- Difficulty with planning
- Trouble with understanding
- Difficulty concentrating
- Personality changes
- Poor balance
- Problems with memory and language (but these are not as common as they are in people with Alzheimer's disease.

## Dementia with Lewy Bodies (DLB)

DLB is caused by small round clumps of protein that build up inside nerve cells in the brain. One of these proteins is called alpha-synuclein, and the clumps it forms are called Lewy Bodies. Lewy Bodies damage the nerve cells, and this damage affects the way that our brain cells communicate. In DLB, the nerve cells that are affected are in areas of the brain that control our thinking, memory, and body movement.

### Early signs of Dementia with Lewy Bodies

- Visual hallucinations
- Sleeping Disturbances
- Depression and/or Apathy
- Cognitive problems similar to those of Alzheimer's disease, such as confusion, poor attention, visual-spatial problems and memory loss.



## Frontotemporal Dementia (FTD)

Frontotemporal Dementia (FTD) is most common in individuals aged between 40 to 60. It is an umbrella term for a group of Dementias that mainly affect the frontal and temporal lobes of the brain, which are responsible for personality, behaviour, language and speech.

The early symptoms of FTD vary from person to person and is dependent upon which part of the brain is affected. Unlike other types of Dementia, memory loss and concentration problems are less common in the early stages.

### Early signs of Frontotemporal Dementia (FTD)

- Inappropriate behaviour
- Changes in diet
- Struggling to name familiar objects (e.g., calling a "watch" a "hand-clock")
- Becoming withdrawn
- Obsessive behaviour
- Personality changes (e.g., not recognising when someone's upset).

## Mixed Dementia

Mixed Dementia is more prevalent for those over 75 and occurs when someone is presenting symptoms of more than one type of Dementia. The most common combination is Alzheimer's and Vascular Dementia, but there are other combinations.

# What are the 7 stages of Dementia?

**What are the 7 stages of Dementia and how long does each stage last?** These 7 stages are broken down into three phases of pre-, middle-, and late-stage Dementia.

However, Dementia is not usually diagnosed until stage 4 as symptoms are not easily diagnosed and there is no set timeline for how long each stage will last.

1 **No signs of Dementia**

In this stage there are no signs of Dementia. The person functions normally and there are no signs or symptoms.

2 **Forgetfulness**

Symptoms still cannot easily be distinguished to loved ones and health care professionals. They forget names and are constantly misplacing items around the home. **Duration:** Unknown.

3 **Mild Cognitive Impairment**

Loved ones are starting to notice a change in their loved ones behaviour. At this stage they are becoming increasingly forgetful, have difficulty finding the right words, getting lost more frequently and difficulty focusing on everyday tasks. This stage is known as mild cognitive impairment (MCI) and it is essential that loved ones recognise these signs for early diagnosis and intervention. **Duration:** Between 2 – 7 years.

> Understanding the symptoms associated with each stage will help you monitor your loved one as the disease progresses.

4 **Early Stage Dementia**

In this stage, health care professionals can detect cognitive decline problems during a medical interview and exam. They are becoming increasingly withdrawn and forgetful, have problems concentrating, are unable to travel alone to new places and have difficulty performing daily tasks such as managing their finances and paying bills. **Duration:** 2 years.

5 **Moderately Severe Cognitive Decline**

Loved ones need assistance on a daily basis with washing and dressing themselves. Memory loss is more prominent as they are unable to state what time or day it is. However they are usually able to recall names of their children, spouse and parents. **Duration:** This stage can last around 1.5 years.

6 **Severe Cognitive Decline**

Stage 6 will find your loved ones requiring daily assistance with dressing, bathing, toileting and eating. They are unable to live on their own as memory loss deteriorates even further and they have difficulty recognising loved ones. In this stage, they will have bladder control issues and have noticeable personality changes such as becoming aggressive. **Duration:** Average is 2.5 years.

7 **Very Severe Cognitive Decline**

At this stage, they'll usually have no ability to speak or communicate and requires assistance with most activities, including walking. During this stage, they will need around the clock care and support of professional carers who will focus mainly on providing comfort and quality of life to your loved one as not all families are equipped to offer this level of care. **Duration:** 1.5 to 2.5 years.

# Activities to do with a loved one living with Dementia

Having Dementia doesn't mean they have to stop enjoying life. Here are some activities you can do to spend quality time together.

## Movie night/afternoon

Watch one of their favourite movies together. However don't expect them to sit through the entire movie. Go to the BBC Archive online for a free supply of short vintage TV clips, from the 1930's onwards.

## Baking/Cooking

If they have a history of loving to bake or cook then this is something you can both do together. Bake some bread or cook their favourite meal which will bring back memories.

## Gardening

Touching and watching something grow can be an important aspect of someone's care and gardening is proven to have mental and physical benefits. It engages the senses providing positive emotions that they may no longer experience regularly.

## Puzzles

Puzzles make for a stimulating activity for those in early states of Dementia or Alzheimer's disease. There are now a variety of puzzles designed for people with Dementia. Buy an activity book or a puzzle with larger pieces. Why not consider converting a family photo into a puzzle? You can then do the puzzle together.

## Bingo

Bingo is a game that can be easily adapted for people with Dementia. It can help stimulate the thought process and stimulate the memory.

## Art

Art is extremely liberating for someone living with Dementia and is something you can do together without conversation. Buy some brightly coloured paints/crayons or felt tips and textured paper or make a collage together.

## Dancing

Dancing can improve wellbeing and mobility for people with Dementia and can change one's mood and help agility and balance. It is also a way of connecting people in a relaxed environment.

## Music

Download some music which they love listening to. Music is a powerful memory connector and can trigger golden memories. It is proven to help reduce anxiety and depression and even help maintain speech and language for those with Dementia.

## Go for a walk

Research has shown that people with Dementia who spent 10 to 15 minutes outside improved significantly. Whether it's a walk or pushing a wheelchair, walks outside, especially in parks or green areas reduces stress levels.



# How to explain Dementia to a child

How to explain Dementia to a child is particularly challenging as children are naturally inquisitive and will question everything. They will not properly understand why Grandma or Grandpa is forgetting their name or putting salt instead of sugar in their tea!

Here are our top tips:

## Be honest

Children want adults to be completely open about a Dementia diagnosis, so be honest in an age-appropriate way. Children naturally pick up things quickly and although you may be trying to protect your child from what's happening to a relative, they may actually worry more. It's better to be open, and answer their questions as they arise.

## Explain age appropriately

With younger children, explain that just how you get a tummy ache, Grandma or Grandpa's brain is also sick and this causes them to forget things and act strangely. Although Grandma or Grandpa looks the same on the outside – inside their brain is changing. If your child is at primary school age, research has found younger children wanted to know more about what to do when they go to see them, whereas Key stage 2 children are more scientific and were more interested in the brain and how it changes in Dementia. If you are unsure about how much to say about their Dementia, let your child ask the questions which will help you determine your child's current level of understanding of the situation.

> The best way forward is to talk openly to children about the disease and prepare them for what they can expect.

## Get them to help

Children naturally love helping. Discuss with them about how they can help a family member living with Dementia. Emphasise to them that showing love and affection is more important. Younger children can help at Grandma or Grandpa's house by dusting or setting the table for tea. Older children could listen to music, look at old family photos together or put together a life story book or a memory box for them. They could even do some fundraising for the Alzheimer's Society or other Dementia charities. Remember to give them the option to help, but don't force them to take on more than they are comfortable with.

## Prepare for a wide range of emotions

If grandpa yells at them or makes false accusations, children get upset and think they did something wrong. It's vitally important to explain to them that it's the disease causing him to and say strange and hurtful things. Grandpa can't control his words or actions, which is scary for him and makes him really upset. Children may also feel guilty if they become bored or irritated as Grandma or Grandpa is constantly repeating questions to them.



### Resources

There are a variety of resources available to help you explain Dementia to a child.

The Alzheimer's Society has a range of books for younger children to increase their understanding about Dementia and how they can help. Dementia UK also has a lovely animated video about how to explain Dementia to a child which you can watch together.

# Frequently asked questions about caring for someone with Dementia

Common questions around Alzheimer's disease and Dementia are answered in this FAQ.

### Q. They keep saying "I want to go home"

**A.** Often this does not mean the person wants to go to a house in which he or she once lived. What it may mean is that the person wants to feel comfortable and safe, as was the case in the past.

**Example:** Do not say "You are never going home." This might cause the person to feel that he or she will never feel comfortable or safe again. Instead reassure them, that they are in a safe place and try diverting the conversation.

### Q. They say "Help me" and are not specific?

**A.** Do not ask the person "What is wrong? or "What do you want?" as this may only increase distress if the person cannot elaborate. Instead, ask a few questions that call for short answers. This may calm them.

**Example:** "Are you warm enough?" or "Do you need help to get to the bathroom?". Or "Do you have any pain?" As you leave, reassure that you will see the person soon. Tell them you care about them.

### Q. Who are you and why are you here?

**A.** Sit down at eye level, and in a low voice, identify yourself and provide reassurance. Change the subject by offering a cup of tea.

### Q. They say their deceased husband visited that day?

**A.** They may simply be expressing a wish. Another possibility is they are thinking about the possibility of dying and thinking about loved ones who have died. Finally, they may have forgotten that their husband has died. At times, the memory of their husband alive may be stronger than the memory that he has died.

**Example:** In any event, do not tell them that he is dead and can never visit. This may only cause shock and grief, as if they were hearing the news for the first time. If she asks "Where is my husband?" say "I haven't seen him" or try "It would be nice to see him" or "How wonderful to have a long, happy marriage" These comments will be more positive and comforting.

### Q. How should we communicate if the person has short term memory loss?

**A.** If the person has short term memory loss, give frequent cues and reminders, especially as to time and place. Try talking about events from long ago. Some people are most comfortable talking about when they were raising a family or the work they once did.

**Example:** Say "We had a nice lunch earlier, and soon it will be time for dinner". Talk about a place where the person once lived or a job the person held some time ago.

### Q. Is it safe for them to leave the house?

**A.** You should always try to find a way that lets them leave the house safely. If there are no neighbours or family members available then you can hire a local carers to help them take a walk safely. You can also get help through a local service, group or organisation that helps people with Dementia to take part in activities, including walking.

**Q. Why won't they eat the food I have prepared for them?**

**A.** Refusing meals and lack of appetite is extremely common. If they refuse food, then don't be afraid to try again later in the day. Try and cook meals that you know they like and choose food that is easily identifiable and use different flavours to stimulate their taste buds.

**Q. How can I keep them in their routine?**

**A.** In the early stages of Dementia, daily routines help people add a sense of order to their days and provides a sense of security - something that becomes even more important as they lose awareness of time. Establishing a daily routine, creates an environment where routines are more predictable and the person with Dementia is less agitated.

**Example:** Display a weekly planner which includes doctor's appointments, family visits and even prompts the person to shower, dress and eat.

**Q. How can I make their home Dementia friendly?**

**A.** Ensure lighting in their home is bright and as natural as possible and remove rugs and mats as these could lead to trips and falls. Mirrors can be confusing as they can misinterpret what they are seeing in their reflection, we would advise removing all mirrors and reflective surfaces where possible.

**Q. What do I do if they refuse help with their personal care needs?**

**A.** Those living with Dementia will still experience emotions and feel embarrassed, therefore it's important to stop if they become distressed. Encourage them to do as much as they can for themselves as this will help them feel capable and independent. Elderly people may associate washing with a tin bath and a bar of soap so ensure you explore different ways, perhaps washing at the same time to make them feel less self-conscious or even massaging their hands in warm water.



**Q. How can I ensure they get a good night's sleep?**

**A.** A person with Dementia may experience a disruptive sleep cycle. Therefore, it's important to ensure they are stimulated during the day and avoid naps as much as possible. Research has found those who participated in 1-2 hours of social activity per day improved their sleep at night.

**Example:** Have a set routine, so they go out for a walk mid morning or play a game in the afternoon. This will provide a familiar routine that helps the person make sense of the time. Ensure an hour before bedtime, they have a set routine, where they use the toilet, wash and brush their teeth, get changed for bed and have a warm caffeine-free drink.

**Q. How can I stop them wandering at night?**

**A.** The Alzheimer's Association tells us that 60% of people who live with Dementia and Alzheimer's disease will wander about. One of the main triggers is looking for a bathroom and may open the wrong door and end up in the wrong room. Another trigger is poor sleep habits. If they are waking up at odd times during the night, you should examine the daytime routine and try and provide more stimulating activities during the day and avoid any unnecessary napping. They may be too hot or too cold. Adjust the temperature and ensure sleepwear and bedding is season-appropriate. Being hungry is another reason they could be wandering. Ensure their bedtime routine includes a light snack.

**Q. How can I encourage them to use the toilet?**

**A.** Dementia affects vision, so If they are refusing to use the toilet, it may be simply that they cannot locate it as they can't differentiate between the white toilet seat and the white floor. Try changing the toilet seat to another colour and always enter the bathroom first, as this will encourage loved ones to follow.

# Dementia Care at Home

> 83% of people with Dementia said being able to live in their own home was very important.
>
> Alzheimer's Society

Our Dementia care at home service starts with visits from just 30 minutes per week. Our Dementia carers can visit your loved one first thing in the morning to help them get up, dressed and help with personal care, breakfast and administer any medication. As symptoms get steadily worse and they progress through the different stages of Dementia, your loved one may need increased support at home or during the evening.

As our Dementia care at home service is completely flexible, visits can increase as and when required and our care agency can even provide around the clock care and support. Carers can even be there during the night as we understand those living with Dementia may get up repeatedly during the night and feel disorientated when they do so. Families have peace of mind that their loved ones are safe during the night with the help and support of one of our Dementia carers.

**Dementia Care Specialists**

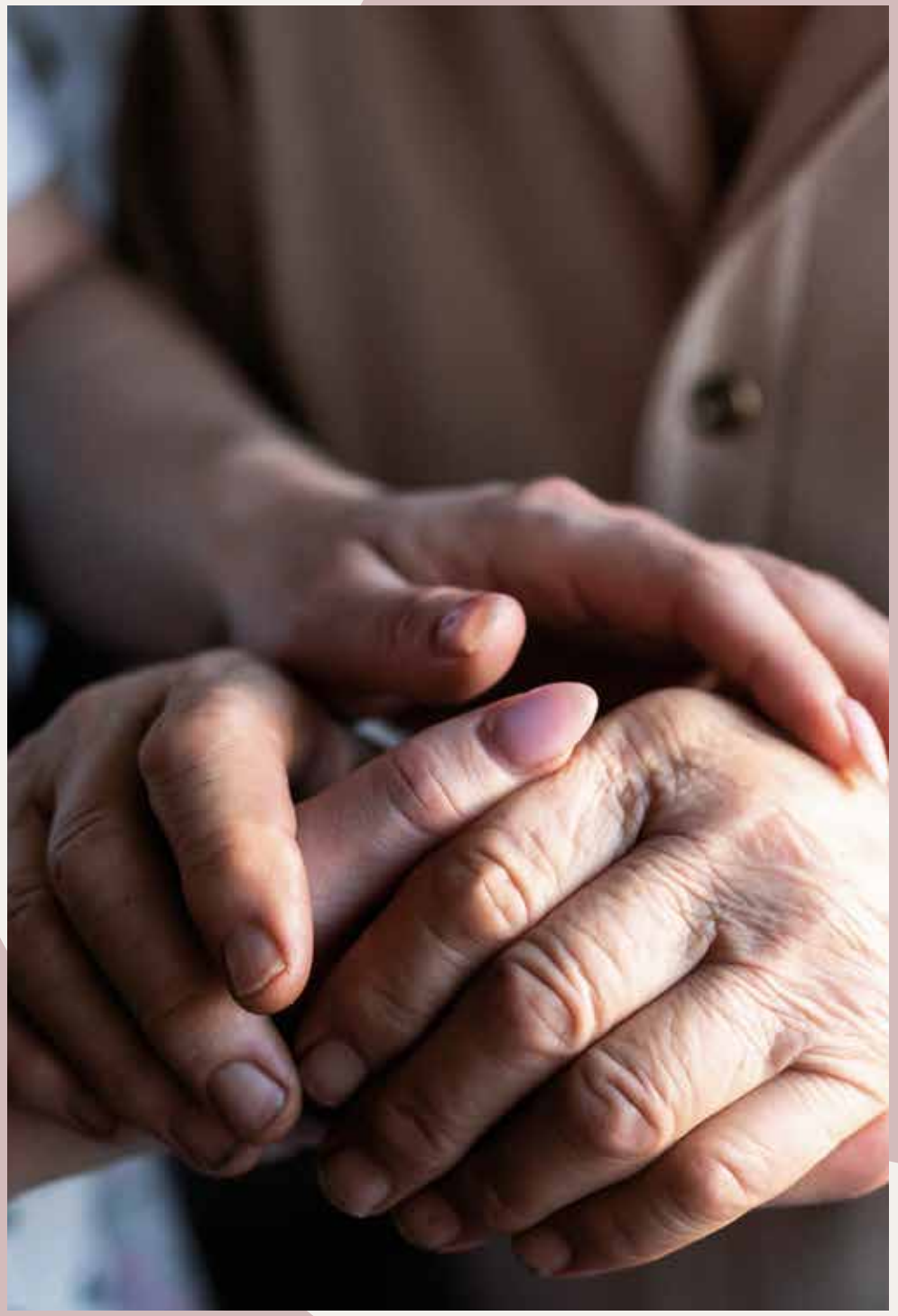
Our nationwide team of specialists has over 10 years' experience in supporting people with Dementia to live independently. Our Dementia carers receive specialist ongoing Dementia care training and they are committed to working with clients and their loved ones to ensure that their care needs are being met - whilst retaining their sense of identity and protecting their dignity and independence - all in the comfort of their own home.



# Benefits of Dementia Care at Home

- ✓ Remain in your own home with bespoke one-to-one care
- ✓ Home is a memory box stimulating lots of memories
- ✓ Dementia care is tailored specifically to you
- ✓ Dementia care at home maintains routines and independence
- ✓ Friends and family can still visit loved ones as easily as before
- ✓ Dementia home care is safer than a care home
- ✓ Home is a calmer environment than a noisy care home
- ✓ Care at home is more stimulating with a Dementia carer
- ✓ Funding available
- ✓ Cost effective if a couple requires care
- ✓ Ideal solution for young adults.

> When you choose care at home, care can be provided in your home from just 30 minutes per week to around the clock 24/7 live in care.



# Ann's live-in care story

**Ann is 83 and is living with Dementia.** She has been receiving live-in care support from Novus Care for nearly six years. This is her story. One of three children, Ann had an unconventional upbringing, spending her high school years being brought up by her paternal grandparents; as her dad was in the forces and was posted abroad, so Ann was left at home to finish high school.

Ann is very artistic and loves music and dancing - especially ballet which she studied until she started working at the Ministry of Agriculture as a shorthand typist. At the age of 21, Ann met Michael who lived close by and they had three children together. After divorcing Michael in 1980, cupid's arrow struck again and she met Alan who she married in 1982. Unfortunately, Alan passed away in 2000 and Ann moved nearer to her daughter.

After being diagnosed with Dementia, her condition started to deteriorate. Ann needed more support and her daughter Kerry was struggling to ensure her mum was OK. She tried care homes – however her mum wouldn't stay there and she soon realised staying at home was the only option. Kerry had never heard of live-in care as an option and it was only on the recommendation of a Social Worker, that she contacted Novus Care. After an initial assessment to determine Ann's care needs, we matched Ann with Magda, a live-in carer who was highly experienced in providing care and support for those living with Dementia.

> "Live-in care has been a huge relief for me as I know Mum is as safe as can be given her Dementia. Before live-in care my life was being destroyed by trying to make sure Mum was OK all the time."
>
> Kerry, Ann's daughter

# We're here to help

For more information or to arrange a FREE care assessment at home
Call: **0800 140 4951**
email: **hello@novus-care.com**
or visit: **www.novus-care.com**

Dementia Friends
An Alzheimer's Society initiative

Regulated by
CareQuality Commission