



Dementia

My eyes do see. My ears do hear.
I am still Me. so let's be clear.
My memory may fade. My walk may slow
I am Me inside. don't let Me go.



East-Devon

Dementia Action Week



15-21 May 2023

Alzheimer's Society's

Dementia Action Week is the biggest and longest running awareness campaign.

Find out more at: <https://www.alzheimers.org.uk/>

If you are worried about your memory, or think you may have dementia, please see your GP.

Just 59.6% of those estimated to be living with Dementia in Devon have received a diagnosis (April 2019).

Getting a formal diagnosis is vital to access the support, care, and treatment you need.



A HELPING HAND WHEN YOU NEED IT MOST



HONITON ADMIRAL NURSE



Linden Day Services

Honiton, Ottery St Mary, and Sidmouth (HOSMS)

Dementia Services



DEMENTIA FRIENDLY HONITON



A Helping Hand



From memory cafes and support groups, to home care services and respite care, these services provide an invaluable resource to so many people in the community.

Find out more @

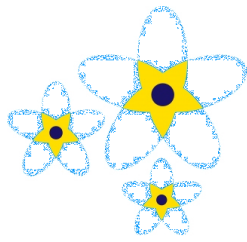


Let's talk

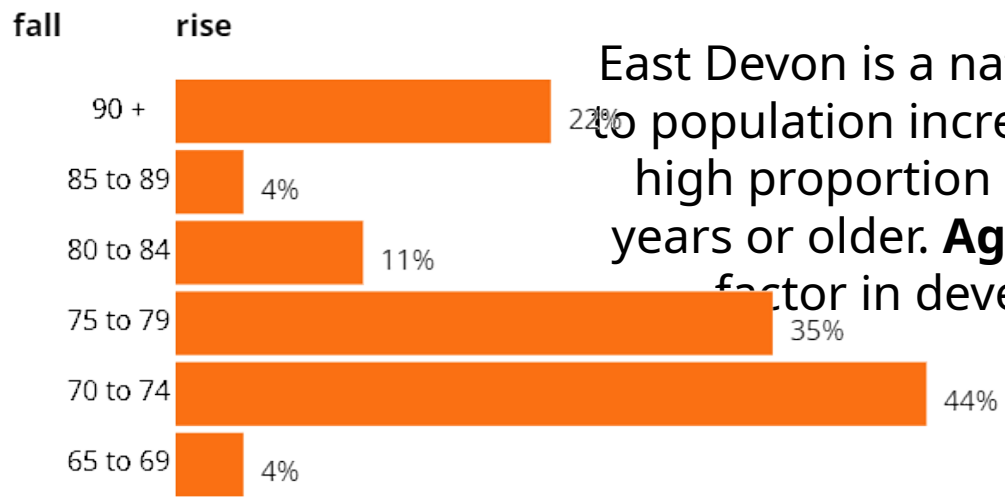
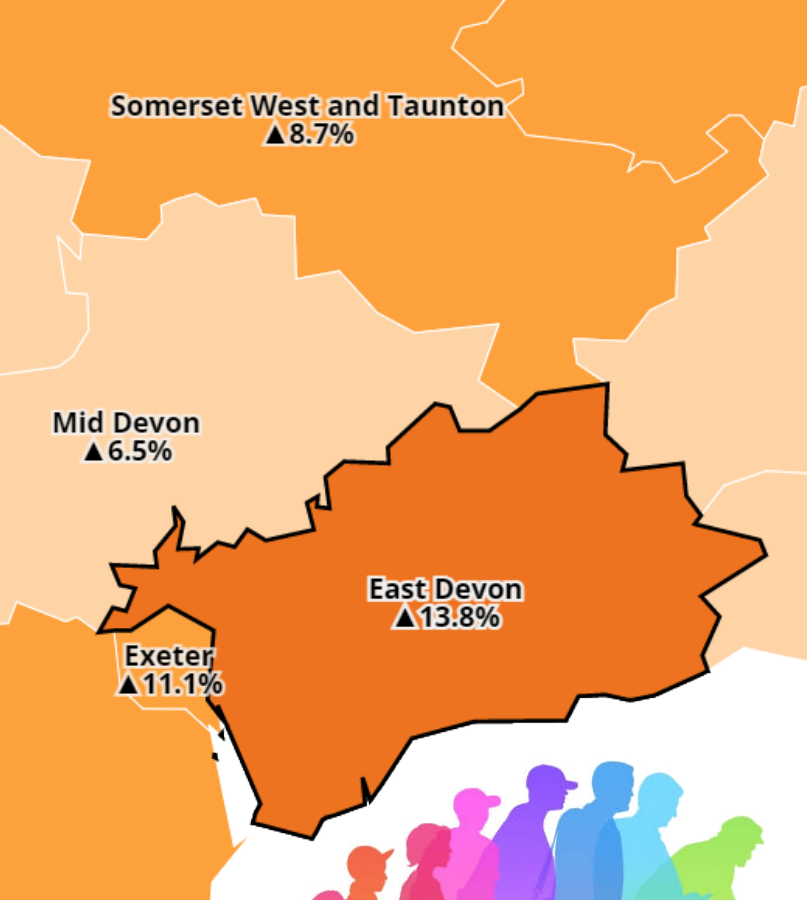
We are highlighting the brilliant support available to individuals living with dementia across



Honiton Dementia Action Alliance was named "Dementia Friendly Rural Community of the Year" in 2016 and in 2019 was honoured to receive the highly prestigious "Queens Award for Voluntary Organisations".



Dementia Friendly Communities



East Devon is a national outlier in regards to population increase, with a significantly high proportion of individuals aged 65 years or older. **Ageing** is the biggest risk factor in developing dementia.

There is a lot of evidence that our lifestyle choices can reduce our risk of developing dementia. These include:



Regular mental, physical, and social activity



Not smoking, and limiting alcohol intake



Keeping a healthy diet



For people aged between 65 and 69, around 2 in every 100 people have dementia. A person's risk then increases as they age, roughly doubling every five years. This means that, **of those aged over 90, around 22 in every 100 people have**

Supporting someone with Dementia- Post diagnosis

Dementia diagnosis rates in Scotland are high, whereas in Devon, diagnosis rates are much lower, even though prevalence is high.

Five key pillars are recognised as essential to support people following a diagnosis:

- 0 Understanding the illness and managing symptoms
- 0 Planning for future decision making
- 0 Supporting community connections
- 0 Peer support
- 0 Services to support quality of life

