

Elouera Home Support Insights

Dementia

Do you have a family member or friend displaying symptoms of dementia? Or have they have already received a diagnosis of dementia or you may be worried about your own behaviour?

The below article provides an overview around dementia.



Understanding The Complexities And Challenges Of Dementia Empowers Us To Provide Tailored Support And Compassionate Care, Prioritising The Well-Being Of Those Facing This Condition And Their Families.

Dementia describes the loss of cognitive functioning in the brain. It is a broad term that encompasses a range of symptoms, including memory loss, impaired thinking and judgement, difficulty communicating, and changes in behaviour and personality.

Dementia is most commonly associated with ageing, although it can also be caused by a variety of other factors, including genetics, brain injury, infections, and chronic health conditions. As dementia progresses, individuals may require increasing levels of support and care, including assistance with daily tasks and eventually full time care.

Dementia, A Complex Condition Affecting Brain Function, Requires Careful Consideration And Support.

At Elouera Home Support, we stand by your side to support you and your loved ones through the challenges of dementia. Dementia is a complex condition that affects thinking, memory, and behaviour due to various brain disorders. It's crucial to remember that dementia is not a one-size-fits-all disease, and each person's experience is unique. We believe in providing personalised and compassionate care to enhance the well-being and quality of life for those living with dementia.

What are the most common types of Dementia?

The most common type of dementia is Alzheimer's disease, which accounts for approximately 60-80% of all cases. Other types of dementia include vascular dementia, Lewy body dementia, frontotemporal dementia, and mixed dementia. Although there is currently no cure for dementia, there are treatments and interventions that can help manage symptoms and improve quality of life for individuals with the condition.

What Can I Do To Help Prevent Dementia?

Taking steps to prevent dementia is something that we can all do to help protect our cognitive health and maintain our quality of life as we age. While there is no guaranteed way to prevent dementia, there are several lifestyle factors that have been shown to reduce the risk of developing the condition.

Some steps you can take to help prevent dementia include:

1. Staying physically active through regular exercise and movement.
2. Eating a healthy, balanced diet that is rich in fruits, vegetables & whole grains.
3. Maintaining social connections and engaging in meaningful activities.
4. Protecting your head from injury through the use of helmets or other protective gear
5. Managing chronic health conditions

such as high blood pressure, diabetes, and depression

6. Engaging in mentally stimulating activities such as reading, puzzles, or learning a new skill

Caring for a person with dementia

At Elouera Home Support, we understand the challenges these conversations may present, and we are dedicated to providing exceptional care and support to both our clients and their families. Our services can offer guidance and assistance in creating an aged care plan that best suits your loved one's needs. We recognise that these discussions can be emotionally challenging for both our clients and their families, involving considerations that span physical, emotional, and practical aspects of life.

Our approach encompasses a holistic perspective that embraces both physical and emotional well-being. We believe in empowering families with the knowledge and resources necessary to make informed decisions.

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