Going Dutch: The Future of Dementia Care?
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In the early 1990’s, staff at a traditional nursing home in the Netherlands started discussing how they would like their parents to be cared for if they had dementia. What would we want for our mums and dads? How can the residents we care for have a better quality of life?

After much thought and careful consideration, they decided their care home should be centered on the idea of ‘normal small scale living for people with dementia.’ The opportunity for residents to live in a small, familiar setting, with norms and values that the residents were familiar with. A home away from the family home, but a happy home, nonetheless.

This led to a unique one-of-a-kind dementia village, ‘Hogeweyk,’ being designed to be as accessible as possible for its residents. The village was opened in 2009 and is based in the small town of Wheesp just outside of Amsterdam.

Hogeweyk is home to 152 people living with the later stages of dementia and offers residents a high level of independence and the freedom to lead a normal and active life. The village has lots of amenities such as a post office, shop, hairdressers, theatre, a bar and offers residents 25 clubs to join and take part in.

Residents are cared for by 250 full and part-time nurses and specialists who spend time in different parts of the village throughout the day. The staff also hold a range of occupations in the village, such as shop attendants or post office workers. This allows dementia specialists to offer support and care to the residents, when needed, wherever they are in the village and enables the residents to live as close to a normal life as possible.

Family and friends are welcome to visit their loved ones in the same manner as someone would visit a care home, stop by their parent’s house or meet in a restaurant for lunch.

Whilst life in Hogeweyk focuses on allowing residents to live independently with dementia, the village is self-contained away from the wider world with 24-hour surveillance to ensure that residents, especially those prone to wander, are always kept safe.

To learn more about this amazing village, please join Hogeweyk founder Eloy van Hal, at this year’s 2021 online Together 4 Dementia conference, on the 2nd November.

For full information and to book tickets to the conference please visit: www.alzheimers-brace.org/event/together4dementia-2021/

Jayne Connelly, from Care Campaign for the Vulnerable, took on a dare devil feat this summer to raise funds for dementia research. She bravely descended 162 metres down The British Airways i360 in Brighton, the highest possible descent in the whole of the UK. Jayne clearly has nerves of steel; she has also skydived for BRACE in recent years too!

Her courageous efforts raised almost £1800 for BRACE and we really can not thank her enough.

Kerry Ashenden from Northamptonshire, used to be a carer for people with dementia. She started raising awareness and fundraising after watching a very close neighbour try and fight the disease. She also watched the family suffer and saw how the disease affected them, how they lost their loved one even before he had lost his fight. She says “People don’t realise the impact this disease has on the individual and their family. It’s heart-breaking. Cancer is seen as the number one killer. Alzheimer’s and Dementia is a killer, people need to be made aware of it.”

Kerry is a cake maker and organised two raffles to win her lovely cakes and raised over £300 in ticket sales. She is also generously planning to do two more, one in September and one at Christmas. Thank you for your support Kerry - it is really appreciated.

Ritchie Berries, a personal trainer from Staffordshire, has been busy this year setting himself a range of challenges to help raise funds for dementia research. One of his challenges involved dressing up as Mike Wazowski from the children’s film ‘Monster Inc’ and running a virtual marathon, which brought a lot of smiles to the many people he saw along the way. Ritchie has raised more than £700 for dementia research this year, thank you so much for your dedication. What a star!

David Greenfield from Bolton sadly lost his mother-in-law to Covid-19 in April 2020 and, as she had also been living with dementia, he wanted to do something in her memory to raise money for a dementia cause.

At the start of the very first lockdown in 2020, David decided to grow a beard which of course, made him look like Santa at Christmas to the delight of his foster children. As David’s beard grew longer, he saw it as perfect opportunity to support BRACE with a sponsored beard shave. After 14 months of lustrous hair growth, David shaved off his beard on 21st June 2021. His freshly shaven look raised more than £200 for dementia research!

Many thanks to David (and his wife Denise for putting up with the beard for so long) and all who sponsored him.

We would love to have you onboard team BRACE!

If you would like to get involved with fundraising, please email Nikola on communications@alzheimers-brace.org or Jeanne on jeanne@alzheimers-brace.org
We now recognise that up to a third of dementia cases could be prevented through health and lifestyle modifications. This has caused a shift in our approach to dementia – it is no longer accepted as an inevitable consequence of growing old. An area of great interest in dementia prevention is sleep. Poor sleep in mid-to-late life has been associated with increased dementia risk.

So, what can you do to sleep better? There is no ‘one size fits all’ approach, sleep is a deeply individual experience. Nonetheless, some basic changes can help everybody sleep better.

First, help your brain unwind in the evening. Make your bedroom a relaxing space free of mental invasions, like televisions, smartphones, light, and noise. If you are struggling with noise and light, get thick curtains and earplugs. Engage in a relaxing activity before bed, like reading, listening to the radio, or taking a bath. Avoiding caffeine 4-6 hours before bed will also help your brain switch off. Although alcohol can help some people unwind it impairs sleep quality, so avoid alcohol in the evening if you want better sleep. On this note, also avoid the temptation of sleeping pills – they will damage your sleep quality.

My second recommendation would be to set a sleep schedule. This helps your brain and body get used to the amount of sleep you need, which is normally between 7-8 hours. Safeguard and prioritise your sleep time and aim to wake at the same time every day, even if it’s the weekend.

Unfortunately, despite being able to fall asleep in a timely manner, many older people get woken up through the night by the need to pass urine. This mainly affects men due to a common condition called benign prostatic hyperplasia (BPH). In addition to limiting fluid intake before falling asleep, speak to your GP if you think you have BPH - there are several treatment options.

Sleep disruption also occurs from disordered breathing during sleep, including a common yet underdiagnosed condition called obstructive sleep apnoea (OSA). OSA is strongly associated with dementia risk. Tell-tale signs of OSA are loud snoring, sudden pauses in breathing overnight, and daytime sleepiness. OSA disproportionately affects overweight people, and one of the most effective treatments for OSA is weight loss. Again, see your GP if you think you might have this condition; there are treatment options beyond weight loss.

Sleep is essential for brain health, yet it is often marginalised in our busy, modern world. The good news is that small changes in sleep hygiene can make a big difference.

Dr Sebastian Green is involved with research at the National Institute for Health Research and also with the ReMemBr Group.

Sebastian’s current research interest is the role of sleep in dementia, and he is investigating how sleep-measuring wearable technology could be used to predict future risk of Alzheimer’s disease.
When Decisions Become Difficult: Dementia and Mental Capacity

For people living with dementia there may come a time when making decisions become increasingly difficult and a person’s mental capacity needs to be assessed.

This may happen if:
- the person’s behaviour or circumstances are making those around them doubt whether the person has capacity to make decisions
- a social worker, GP or other professional may have doubts about the person’s ability to make decisions
- the person has previously been unable to make a decision for themselves.

By assessing mental capacity, it ensures the person living with dementia can be protected from potential harm and if necessary, support put in place for decisions be made on their behalf. These decisions can range from significant ones such as writing a Will or where to live, to day-to-day decision such as what to wear or what to eat.

Mental Capacity is really just another way of saying a person’s ability to make a decision. It is important that we don’t confuse it with other concepts such as vulnerability or mental ill health because whilst there may be some cross-over between them, it is possible to lack capacity and not be vulnerable or suffering from mental ill-health and vice-versa.

What is the Mental Capacity Act?
The Mental Capacity Act was passed by parliament in 2005 and came into force in 2008. It established 5 core principles and provided a more formal framework for professionals to assess mental capacity. These principles are: the presumption of capacity, supported decision making, unwise decisions, best interests and less restrictive options.

Mental Capacity Assessment
If a person with dementia needs to have a Mental Capacity Assessment, it will involve a 2-stage test and the professional making the assessment will be looking for a range of indicators about their decision-making ability.

The first stage asks 2 questions:
1. Is there an impairment of, or disturbance in the functioning of, the person’s mind or brain?
2. Is the impairment or disturbance sufficient that the person lacks the capacity to make the decision in question?

This stage is sometimes called ‘the diagnostic stage’, which I believe is misleading. We are not looking for a diagnosis, rather evidence of an ‘impairment or disturbance’. It is important to remember that diagnosis follow symptoms and so it is the symptoms or presentation of the individual we are looking for rather than the label/diagnosis.

The second stage of the test, sometimes called the functional test, dictates that the person is unable to make a decision if they cannot:
- understand relevant information about the decision to be made;
- use or weigh up the relevant information as part of the decision process;
- communicate their decision.

If a person lacks capacity in any one of these areas, this represents a lack of capacity (Mental Capacity Act 2005: Code of Practice).

The key here is that the information we are expecting the person to understand, retain, weigh up and use must be relevant. This is why the mini mental state test (can you count backwards from 100 in 7’s? What’s the name of the prime minister?) is not considered to be a test for mental capacity. I don’t know a single decision about the average 18-year-old gives to their use of social media for example!

The threshold of understanding is, what a person needs to understand to make a specific decision. So for example, what a person needs to understand to decide where to live - is very different to what they need to understand to make a Will.

Caselaw tells us is it is really important that we don’t set the threshold too high or too low. As a guide we set the threshold of understanding at the level that we would expect the ‘average person on the Clapham omnibus’ to know and understand. As you might expect this often sets understanding lower than you might think - imagine how much thought the average 18-year-old gives to their use of social media for example!

Capacity is time specific
The final thing to be aware of is that mental capacity is time specific. The Act tells us that a person only has to retain information for the length of the decision process. The question is, how long is the decision-making process?

What this means is we have to identify whether a decision is ‘macro’ or ongoing (in which case the person needs to retain information for longer) or whether the decision is ‘micro’ or one-off (in which case they only need to retain the information at that specific moment).

Someone living with dementia may have the capacity to decide what they would like to wear or what they would like to eat for lunch, but they may struggle with managing their finances which involves ongoing and long-term decision making.

If you are concerned about a loved one’s ability to make decisions, please speak to their GP, social worker, or care providers.

Tim Farmer is the Founder of TSF Consultants, Mental Capacity Assessors - https://tsfconsultants.co.uk/

He is a trained mental health nurse with over 25 years of experience of working with adults and children with reduced mental capacity, and he has completed in excess of 3,500 mental capacity tests.

For more information, including mental capacity assessment, please speak to their GP, social worker, or care provider.

Image credit: ©Alzheimer’s Society (2019)
A neuroscientist and former Dean of Medicine at the University of Bristol, Stephen brought immense depth of knowledge to the charity’s work. He became Chair of Trustees in 2017 and his calm and astute approach made him the ideal leader for BRACE through the turbulence of recent years. The charity benefitted hugely from Stephen’s ability to turn complex science into understandable concepts that motivated people to support us.

We would like to thank Stephen for all his work and for being a friend and mentor to those around him.

John Matthews
We were sad to hear during August of the death of John Matthews. John was Assistant Treasurer at BRACE for many years. With his wife, Sonia, he was also a regular volunteer, especially at the annual Autumn fair.

Terry Moore
Terry also sadly passed away in August. He was a long-term supporter of BRACE and was a much-valued member of our volunteer team, regularly helping at supermarket collections.

We remember them fondly, especially for their humour and good cheer at fundraising events, and are grateful for their commitment to the charity.

Spring 2021’s quiz winner lives in South Gloucestershire and chose a £30 Amazon voucher as a prize.

S P R I N G 2 0 2 1   T h e    a n s w e r s    t o   t h e   K e y w o r k e r s   Q u i z   w e r e:
2021 Christmas Cards Now on Sale!
This year’s new designs to choose from are:

- **Bristol Scene**
  - Size: 140 mm x 140 mm
  - Wishing you Peace and Love at Christmas
  - 10 cards & envelopes £3.95

- **Penguins on Parade**
  - Size: 140 mm x 140 mm
  - With Best Wishes for Christmas and the New Year
  - 10 cards & envelopes £3.95

- **Twelve Days of Christmas**
  - Size: 140 mm x 140 mm
  - With Best Wishes for Christmas and the New Year
  - 10 cards & envelopes £3.95

- **Three Ships**
  - Size: 126 mm x 126 mm
  - Wishing you Peace and Love at Christmas
  - 10 cards & envelopes £3.95

- **Season’s Tweetings**
  - Size: 126 mm x 126 mm
  - With Best Wishes for Christmas and the New Year
  - 10 cards & envelopes £3.95

- **Filling the Stocking**
  - Size: 126 mm x 126 mm
  - Wishing you Peace and Love at Christmas
  - 10 cards & envelopes £3.95

- **Winter Bridge**
  - Size: 126 mm x 126 mm
  - Wording inside is left blank
  - 10 cards & envelopes £4.25

- **Journey to the Holy Land**
  - Size: 140 mm x 140 mm
  - With Best Wishes for Christmas and the New Year
  - 10 cards & envelopes £3.95

- **Winter Hare**
  - Size: 126 mm x 126 mm
  - Wishing you Peace and Love at Christmas
  - 10 cards & envelopes £3.95

- **Robin Friends**
  - Size: 140 mm x 140 mm
  - With Best Wishes for Christmas and the New Year
  - 10 cards & envelopes £3.95

Please note that, due to continued restrictions on office working, Christmas cards will be dispatched by volunteers twice per week. Your patience is much appreciated.

As well as using the order form enclosed, our full range of cards are available from the following sources:

- [www.alzheimers-brace.org/Pages/Shop](https://www.alzheimers-brace.org/Pages/Shop)
- [www.christmas-cards.org.uk/brace-alzheimers](https://www.christmas-cards.org.uk/brace-alzheimers)
- [www.ebay.co.uk/sch/the-brace-charity-shop](https://www.ebay.co.uk/sch/the-brace-charity-shop)

**BRACE Donation and Contact Form**

- **Please find enclosed a donation of £__________ to BRACE.**
- Thank you for your donation. Please tick this box if you do NOT want a written acknowledgement.

- **I want to Gift Aid my donation of £__________ and any donations I make in the future or have made in the past 4 years to BRACE.**

- **Please provide me with contact details so that I can be contacted in case of query.**
- If you are eligible to add Gift Aid, please also tick the Gift Aid box.

- **My Details**
  - **Title**
  - **First Name or Initial(s)**
  - **Surname**
  - **Full Home Address**
  - **Postcode**
  - **Date**
  - **Telephone (In case of query):**
  - **Email Address:***
  - **Address:**
  - **Telephone:**
  - **Email:**

**Christmas Card Order Form 2021**

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**POSTAGE & PACKING CHARGES**

- **UK (Royal Mail 2nd class):** 1 pack £1.40, 2-3 packs £3.00, 4-5 packs £3.50, 6-10 packs £4.50. For 11+ packs please call 0117 414 4831 for quote.
- **For EU & rest of World rates,** please email admin@alzheimers-brace.org with your order so we can calculate postage.

- **For payment by credit/debit card please give details below:**
  - **Card Number:**
  - **Expiry Date:**
  - **Security Number:**

**For more cards, please go to our website:** [www.alzheimers-brace.org/shop](https://www.alzheimers-brace.org/shop)

If you receive this magazine by post or email, it is because we have you on record as having opted in to our mailing list. If you do not wish to receive our mailings in future, just send us an email or a letter and we will ensure that you do not receive further mailings.

**For EU & rest of World rates,** please email admin@alzheimers-brace.org with your order so we can calculate postage.
List of Events
Please visit www.alzheimers-brace.org/events for more information and to sign up to challenge events.

**SEPTEMBER 2020**
- Wednesday 22 September 2 pm - 3 pm: Dementia: Reduce Your Risk Online Event

**OCTOBER 2021**
- Sunday 3 October all day: London Marathon (both virtual and ‘in person’)
- Tuesday 12 October 2 pm - 3 pm: Dealing with Difficult Behaviours ONLINE EVENT
- Wednesday 13 October CANCELLED
- Saturday 16 October 10 am - 1 pm: Autumn Fair, Red Maids High School, Bristol
- Tuesday 19 October 3 pm - 4 pm: Caring for the Carers ONLINE EVENT

**NOVEMBER 2021**
- Tuesday 2 November 10.45 am - 3 pm: Together 4 Dementia 2021 ONLINE CONFERENCE
- Thursday 18 November 2 pm - 3 pm: Older People’s Mental Health ONLINE EVENT

**DECEMBER 2021**
- Sunday 12 December 3 pm - 4.30 pm: BRACE Carol Service, St John the Baptist Parish Church, Frenchay Common, BS16 1NB
- Friday 10 December 7.30 pm - 8.30 pm: Sieko Magic Show ONLINE EVENT

**MARCH 2022**
- Sunday 13 March 10 am - 3 pm: Bath Half Marathon 2022