



BRACE
Dementia Research

AUTUMN 2021
MAGAZINE



Going Dutch: The Future of Dementia Care?



Together We Will Defeat Dementia

www.alzheimers-brace.org



Going Dutch: The Future of Dementia Care?

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 Connery, 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.



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!

One of a Kind Fun-draisers
BRACE has so many wonderful people supporting the charity that are really going above and beyond for dementia research. Here are just a few of our amazing fundraisers...



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.



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



How to Get a Good Night's Sleep – and Reduce your Risk of Dementia



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.

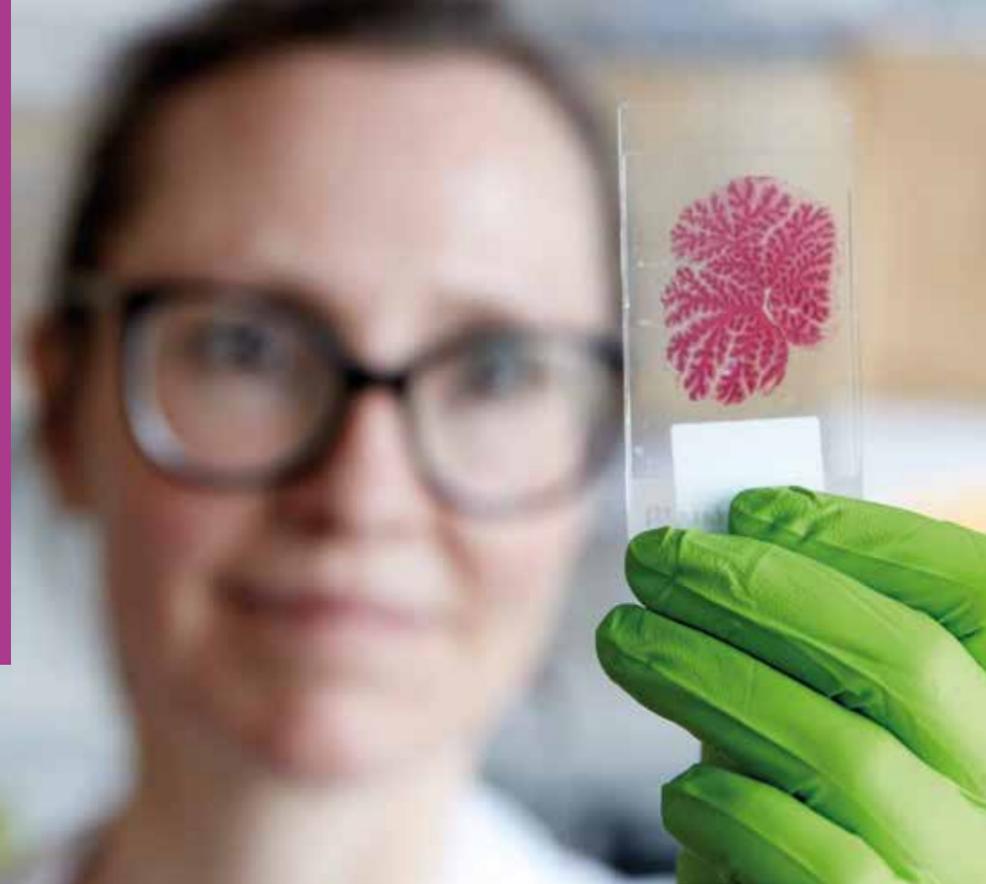
Sleep disruption also occurs from disordered breathing during sleep, including a common yet underdiagnosed condition called obstructive sleep apnoea (OSA). OSA is strongly associated with dementia risk. Tell-tale signs of OSA are loud snoring, sudden pauses in breathing overnight, and daytime sleepiness. 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.

What You Helped us Achieve in 2020



The start of the COVID pandemic posed a huge threat to many charities, including BRACE. It forced the cancellation of all our fundraising events and public meetings, including the biggest dementia information event we had ever attempted.

We consequently experienced a huge drop in income and had to act to save the charity and the research that we hope to fund in the years ahead.

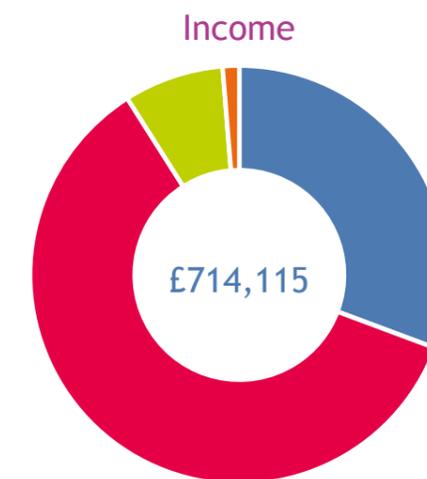
Through hard work by trustees and staff, combined with the generosity and sometimes the ingenuity of our supporters, we fought back. We also had the good fortune in December to receive the largest ever legacy (gift in a will) that the charity had ever had, pushing total income from legacies for the year to £430,720.

This meant that BRACE was able to fund two new research projects, one in Exeter and one in Bristol, which had been put on hold since the spring. The trustees had already managed to fund another year's support for the South West Dementia Brain Bank and a part time post for the ReMemBr Group.

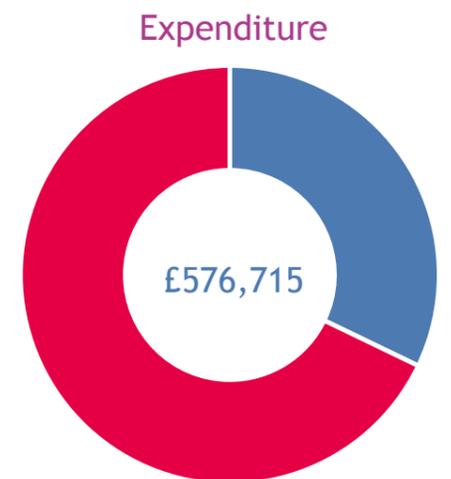
At the end of the year, with the charity's financial position more secure and some new re-search funding in place, we felt that we were again making a difference in the battle against dementia.

Our running costs as a proportion of income were higher than normal but, in a year when weathering the storm was the priority, we feel that this was more than respectable.

We couldn't have managed any of this without our brilliant supporters and are grateful for all that you did and continue to do.



- Gifts & donations
- Legacies
- Community fundraising
- Investments



- Cost of raising funds
- Charitable activities



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.

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.

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 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;
- retain that relevant information in their mind;
- use or weigh up the relevant information as part of the decision process; or
- 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 where being able to count back from 100 in 7's is relevant. This is often called the threshold of understanding.

The threshold of understanding

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 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 on-going (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 ones' 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.

Thank you, Stephen

In June 2021, Professor Stephen Lisney retired as a Trustee of BRACE after serving the charity for twelve years.



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.

Stephen is succeeded by Jane Dare as Chair and leaves a charity much strengthened in its role supporting medical research.

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



In Memory of Dr Judy Haworth

We are sad to inform you of the death of Dr Judy Haworth, known to BRACE supporters for many years, after a long illness.

Judy was a dementia specialist doctor in the former BRACE Centre at Blackberry Hill and Frenchay Hospital, and then in the Bristol Brain Centre at Southmead Hospital, working initially with Professor Gordon Wilcock and later as part of Dr Liz Coulthard's team. She became ill shortly after her retirement in 2018.

We will remember her as a gifted clinician, passionate about the care of her patients, and as a compelling speaker at BRACE Conferences and other public meetings. Judy was also a warm and lively companion to those of lucky enough to have been able to work with her.

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.

Competition Time

TREES

Fill in the missing letters to test your knowledge of Trees!

- 1 D _ u _ l _ s _ i _ (2 words)
- 2 C _ a _ a _ p _ e (2 words)
- 3 J _ n _ p _ r
- 4 A _ d _ r
- 5 W _ l _ o _
- 6 C _ d _ r
- 7 H _ z _ l
- 8 C _ p _ e _ b _ e _ h (2 words)
- 9 N _ r _ a _ s _ r _ c _ (2 words)
- 10 H _ r _ e _ h _ s _ n _ t (2 words)
- 11 S _ o _ s _ i _ e (2 words)
- 12 S _ e _ t _ h _ s _ n _ t (2 words)
- 13 Y _ w
- 14 C _ m _ o _ l _ m _ (2 words)
- 15 S _ l _ e _ b _ r _ h (2 words)
- 16 E _ g _ i _ h _ l _ (2 words)
- 17 H _ l _ y
- 18 S _ c _ m _ r _
- 19 B _ a _ k _ h _ r _
- 20 E _ g _ i _ h _ a _ (2 words)
- 21 H _ w _ h _ r _
- 22 A _ p _ e
- 23 C _ m _ o _ b _ e _ h (2 words)
- 24 W _ l _ u _
- 25 E _ c _ l _ p _ u _

Entry is £5.00 - closing date Friday 31 December 2021

Please send your answers together with a cheque for £5.00 payable to BRACE to:

The BRACE Charity Office,
The Brain Centre,
Southmead Hospital,
Bristol BS10 5NB.

The winner will be contacted within 2 weeks of the competition closing and the winner's details will be announced in the next magazine. The answers will also be published.

The winning entry will receive a £30 gift voucher of their choice. The editor's decision is final.

Thank you for your support!

NAME: _____

ADDRESS: _____

POST CODE: _____

CONTACT NUMBER(S): _____

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

SPRING 2021 The answers to the Keyworkers Quiz were:

1. Doctor 2. Vicar 3. Policeman 4. Journalist 5. Ambulance Driver 6. Nurse 7. Refuse Collector 8. Postal Worker 9. Veterinarian 10. Firefighter 11. Teacher 12. Care Worker 13. Armed Forces 14. Food Retailer 15. Paramedic 16. Broadcaster 17. Social Worker 18. Cleaner 19. Delivery Driver 20. Street Cleaner

2021 Christmas Cards Now on Sale!

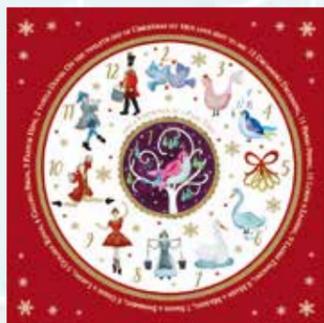
This year's new designs to choose from are:



Bristol Scene
Size: 195 mm x 86 mm
With Best Wishes for
Christmas and the New Year
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



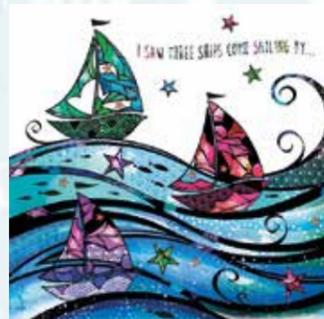
Twelve Days of Christmas
Size: 140 mm x 140 mm
With Best Wishes for
Christmas and the New Year
10 cards & envelopes £3.95



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



Journey to the Holy Land
Size: 140 mm x 140 mm
Wishing you Peace and Love at
Christmas
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
With Best Wishes for
Christmas and the New Year
10 cards & envelopes £3.95



Winter Hare
Size: 126 mm x 126 mm
With Best Wishes for
Christmas and the New Year
10 cards & envelopes £3.95



Winter Bridge
Size: 172 mm x 126 mm
Wording inside is left blank
10 cards & envelopes £4.25

Please note that, due to continued restrictions on office working, Christmas cards will be despatched 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

www.christmas-cards.org.uk/brace-alzheimers

www.ebay.co.uk/sch/the-brace-charity-shop

Melanie's Kitchen
2 Downend Road, Downend,
Bristol BS16 5UJ
0117 957 2662

Tourist Information Office
The Clock Tower, High Street
Chipping Sodbury,
Bristol BS37 6AH
01454 326336

Christmas Card Shop
Wilmslow Library, South Drive,
Wilmslow, SK9 1NW.
30 October - 11 December
(Monday to Saturday);

Cards for Good Causes shops
(late Oct - mid Dec)
Bristol (Tyndale Baptist Church,
Whiteladies Road BS8 2QG),
Bath, Cardiff, Exeter and
Plymouth

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

Please add me to your mailing list
 Please send me the magazine by email only

Please provide your contact details below so we can thank you or 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 _____

If you would like us to phone or email you, please supply:

DAYTIME TEL NO _____

AND/OR EMAIL _____

Boost your donation by
25p of Gift Aid
for every £1 you donate

giftaid it

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

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

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

We will keep a record of your donation/enquiry but will not contact you unless you have agreed that we can.

RETURN TO: The BRACE Charity Office,
Southmead Hospital, Bristol, BS10 5NB.

Telephone 0117 414 4831 Registered Charity 297965

Christmas Card Order Form 2021

DESCRIPTION	PRICE	NO. OF PACKS	TOTAL PRICE	
			£	p
Penguins on Parade	£3.95			
Season's Tweetings	£3.95			
Filling the Stocking	£3.95			
Winter Hare	£3.95			
Twelve Days of Christmas	£3.95			
Robin Friends	£3.95			
Journey to the Holy Land	£3.95			
Three Ships	£3.95			
Bristol Scene	£3.95			
Winter Bridge	£4.25			
POSTAGE & PACKING CHARGES			GOODS TOTAL:	
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			POSTAGE & PACKING:	
For EU & rest of World rates, please email admin@alzheimers-brace.org with your order so we can calculate postage.			TOTAL AMOUNT:	

Please return this form with your payment to:
The BRACE Charity Office, The Brain Centre,
Southmead Hospital, Bristol BS10 5NB

NAME (BLOCK CAPITALS PLEASE): _____

ADDRESS: _____

POST CODE: _____

TEL. NO (IN CASE OF QUERY): _____

Cheque (made payable to BRACE) enclosed for £: _____

For payment by credit/debit card please give details below:

CARD NUMBER: _____

EXPIRY DATE: _____

SECURITY NUMBER: _____

SIGNATURE: _____

For more cards, please go to our website:
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.

TOGETHER 4 DEMENTIA 2021

Dementia: A Global Challenge



Online Tuesday 2nd November 10.45am - 3 pm (GMT)



Bath Half 2022

Sunday 13th March
10 am - 3 pm

Keen runners wanted!

Apply for your **FREE** race place
on the BRACE website



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

**Lunch with BBC's Emma Britton
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