

Care UK

Dementia care

Many of our homes have specialist units run by qualified and highly experienced staff, where those with dementia can receive the best possible care, support and stimulation. Our aim is to help all our dementia residents lead as happy and fulfilling a life as possible.



There are many causes of dementia. The main ones are:

- **Alzheimer's disease:** the structure of the brain changes, leading to the death of brain cells
- **Vascular disease:** the oxygen supply to the brain fails, causing brain cells to die – for example after a stroke
- **Dementia with Lewy bodies:** the brain tissue starts to degenerate
- **Fronto-temporal dementia:** damage is caused mainly to the front part of the brain

Dementia is a progressive condition and, as the symptoms get worse, the affected individual may need the specialist help of a care home. However, that doesn't mean they will lose all their independence. When someone with dementia moves into a Care UK home, we focus on working with the new resident and their family to ensure they remain socially engaged, mobile and feeling useful to others.

We believe that despite difficulties with memory and other cognitive functions, many people with dementia still have the capacity to learn or relearn new associations and information and can adjust their behaviour and responses accordingly.

A personal care plan

We have a deep understanding of all kinds of dementia and are highly experienced in helping a wide range of residents, whichever form of the condition they have. With this knowledge, we will draw up an individual care plan for each person, specific to their particular needs and abilities. This care plan is also based on an in-depth understanding of the individual, as well as input from the resident's family and friends. Once drawn up, the plan is regularly reviewed and updated to ensure each individual's needs and personal choices remain fully met.

What is dementia?

Dementia describes the effects of certain conditions and diseases on a person's brain. Symptoms include memory loss, changes in behaviour, and problems in communicating.



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Activity based care

Many people with dementia risk losing basic self-caring abilities, such as dressing or using a knife and fork because they feel they are 'too slow' to keep up with those around them.

We encourage residents to do as much as they can for themselves, regardless of how long it takes them to do it. Our staff base their care on the principle of working with the resident, rather than doing it for them.

That is why we always take into account the strengths and capabilities of each individual, focusing on what they can do rather than on what they cannot. We also look at helping them achieve goals that are directly relevant to their daily life.

We develop simple solutions that can help an individual considerably. For example, for those who still have the capacity for new learning, we lay out their clothes in the order in which they are to be put on. This can assist people who previously would have been considered unable to dress themselves.

Regardless of the condition they are suffering, every resident is always treated with dignity, respect and compassion.

The benefits of gentle exercise

We believe that decreasing the length of time our residents spend sitting and sleeping during the day and encouraging them to take part in gentle exercise leads to decreased muscle weakness, improved balance reactions and increased mobility.

All residents at Care UK homes also benefit from:

- Activities that are designed to stimulate and engage, and tailored to the special needs of the individual
- A nutritious, home-cooked menu that's tasty and offers plenty of choice
- The use of walking aids and other equipment to support independence
- Visits from local GPs and other healthcare specialists, as required



A safe and secure home

Each Care UK home offers an environment that's designed with the safety and security of each resident in mind. The homes also provide stimulation to assist with the rehabilitation of lost skills or to reconnect with their past lives and long-held identities.

Involving the family

We always welcome family and friends into our Care UK homes and ask them to tell us the 'life story' of their relative or friend, so we can gain a good understanding of their interests and personal preferences – and of them as an individual.

Any family member can come in and help care for their loved one, whenever they wish. This can be anything from helping with their morning routine to taking them outside to enjoy the gardens. It is entirely up to each family how they choose to get involved.

Contact us

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fulfilling lives