



ME

**Useful information
and templates**

SOUTHEND MEMORY INFORMATION PACK

January 2015

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This pack can be provided in alternative formats such as Braille, audio or large print.
Translations of this pack in alternative languages are also available.
For a copy of this pack in another format, please call: 01702 212500
or email: dementiasupport@southend.gov.uk

Personal information

Name:.....

Address:

.....

.....

Telephone number:

Date of birth:

NHS Number:

My diagnosis: (please circle)

Alzheimer's

Lewy Body

Vascular

Fronto-Temporal

Mixed

Other

I have these other medical problems (please list)

.....

.....

I HAVE A CARER OR FRIEND

I have a carer or friend who can be contacted in the event of an emergency.

Their name

Their telephone number

Their relationship to me

My
photo

Their
photo

My Wellbeing

Food and health

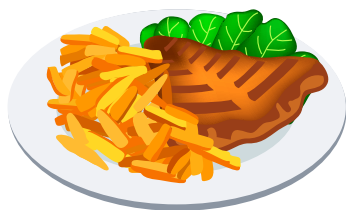
Dementia influences people's lives

differently – not everyone will experience the same changes. This is also true for eating and drinking. A healthy balanced diet provides all the nutrients the body needs in the right amounts to stay fit and well. Eating a nutritious balanced diet and maintaining a healthy body weight is just as important for people with dementia as anyone else.

People with dementia may find eating difficult and/or change their eating habits and preferences. Eating can become challenging as their dementia progresses. Some may lose their appetite or the skills needed to use cutlery, others may struggle to chew and swallow. This can be distressing for the person with dementia and for those caring for them.

Eating healthily does not mean that certain foods have to be avoided. Everything in moderation is the key to enjoying food and staying fit and well.

For further dietary advice, ask your GP to refer you to a dietitian. Please contact your GP immediately if you notice a person with dementia is losing weight.



A note about fibre

Fibre is important to help keep the digestive system healthy and prevent constipation. The risk of constipation is greater for people who are inactive, do not drink enough or eat a low fibre diet. Certain medications can also aggravate the problem.

A good way of preventing constipation is to include foods that are a good source of fibre in the diet – fruit and vegetables, salads, beans, lentils, wholemeal bread or wholegrain breakfast cereals. It is best to introduce high fibre foods gradually if you are not used to eating them. It is important to remain as active as possible to prevent constipation. A daily walk is an excellent start.

Further information is available from Carers UK 'Eating Well with Dementia' leaflet available from www.carersuk.org



Keeping hydrated can be a challenge, some helpful tips include:

- Set a daily schedule for drinking as well as eating.
- Try having a full glass of water with medication(s), a glass of fruit juice after breakfast, a cup of tea mid-morning, squash after lunch, a smoothie or milkshake mid-afternoon, a cup of coffee after your evening meal, a glass of milk after supper, and a hot chocolate drink before bedtime.
- Consider drinking fluids in a cup with a lid.
- Try drinking fresh cool water:
- Milk, tea and coffee can also be taken.
- Opt for water, drinks that are sugar-free or skimmed milk if you have diabetes or you are trying to lose weight.
- Drinks that are icy cold may be uncomfortable, so try a glass of fluid that is slightly cooler than room temperature, but is not icy cold.
- Treat yourself to a milk shake to provide a good source of additional hydration.
- Try a new flavour to an old drink by splashing some fruit juice in a glass of water, adding a lemon slice or sliced cucumber to water, or serving a flavoured, decaffeinated tea.
- Try adding frozen fruit, iced lollies, and jelly desserts to your diet.
- Have fluids throughout the day instead of only at mealtimes. Keep a glass or bottle of water near your favourite chair or in the car to remind you to drink more often.



- If you find it difficult to increase the amount you drink, try opting for foods high in moisture such as fruits and vegetables as these are up to 90% water.
- Avoid large amounts of caffeine and alcohol: these can make you pass more urine and increase your risk of dehydration.
- Try to consume no more than 4 caffeine containing drinks per day.
- Sometimes difficulty drinking or swallowing can represent a medical issue. Speak to your GP or practice nurse if the problem continues, or if there are signs of dehydration (dry mouth, nose, and skin, light-headedness, low energy, fainting, low blood pressure).

Top Tips for Teeth

There may come a time when your own dentist is no longer the best place to meet your dental needs.

The community dental service may be a better option; they have the time, skills and expertise to care for your dental needs in a safe environment. They can also offer a domiciliary dental service if your condition renders you house bound. Further information on both these NHS services are available by contacting Jan Wilson on 01702 456819

Your oral health needs do not stop once your last tooth comes out, it is still really important to see a dentist at least once a year. They can check your dentures to ensure they are still fitting and functioning well and check your mouth health. This can help spot oral cancers at an early stage so providing a vital screening.

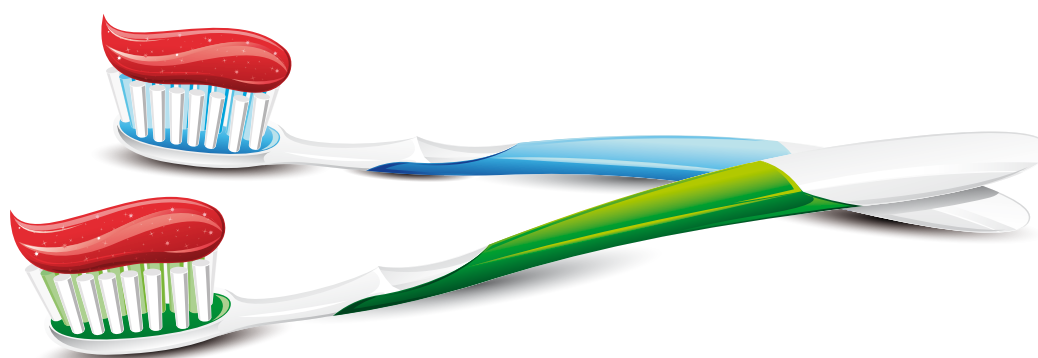
If you have dentures

- Take them out at night and keep them wet
- Physically brush them with a denture brush or toothbrush
- When they are constructed get them marked with an identifier such as your initials or date of birth

If you have your own teeth

- Brush your teeth for 2 minutes twice a day
- See your dentist at least once a year
- Limit sugar exposure throughout the day

If you would like further oral health advice or are a group who would like oral health training please contact Jan Cheal on 01702 686741



Weekly Meal Planner

| | Breakfast | Lunch | Dinner | Snacks/Drinks |
|------|-----------|-------|--------|---------------|
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thur | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

Weekly Planner

Keep a list of things you will be doing during the week:

| | Morning | Afternoon | Evening |
|------|---------|-----------|---------|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thur | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

Here is a suggested diary to help you keep track of appointments:

Month

| Date of Appointment | Time of appointment | Place of appointment | Who with |
|------------------------------|---------------------|----------------------|---------------------|
| <i>Example: 1st Jan 2015</i> | <i>11.30am</i> | <i>GP Surgery</i> | <i>Nurse Carole</i> |
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| 31 | | | |

List all the people supporting you. It might help you remember peoples name and what they do:

[illegible]

Notes



20 horizontal dotted lines for writing notes.

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