

The MASE Monthly Newsletter

August 2015



Winners of Queen's Award for Voluntary Service

The Holiday Season



In the month of August many people will be going away for a holiday, be it with family or just having a break from your everyday routine. Whatever you are doing we hope that you will enjoy yourselves, and come back feeling refreshed.

If someone you love has Alzheimer's disease or dementia, here are some things to consider when planning a trip. A few simple measures will help to ensure that your travelling companion remains safe and comfortable. It is also essential that you contact your doctor and develop a realistic travel plan. That way, you can both enjoy your holiday to its fullest.

Take along an identification card that your companion can keep in their pocket, or handbag. Keep on it your mobile telephone number, state that this person has a dementia. **There are blue printed cards from the Alzheimer's Society available for you to take on the MASE information table.** That way should they wander the Police can make contact with you quickly.

Keep things as familiar as possible. For example, keep bedtimes and eating times as close to normal as possible, and remember to take the person's favourite pyjamas or pillow.

If you are staying in a hotel, request a large and quiet room. To protect against wandering order a door alarm or a childproof doorknob cover. Avoid rooms with sliding glass doors.

Keep a list of current medication: ALWAYS take with you a list of current medication and any allergies.

Did you know.....?



Dementia costs the UK £26.3 billion a year

That's enough to pay the annual energy bill of every household in the country.

Unpaid carers: are overworked, under supported

1,340,000,000 hours were spent caring for people with dementia in 2013.

That's more than 150,000 years

Unpaid carers do not receive enough support.

Dementia costs over £30,000 per person with dementia each year...

Yet only £90 per person is spent on research.

1 out of 20 people living with dementia are under the age of 65.

Too many people with dementia aren't living as well as they could.

- 34% do not feel part of their community
- 40% felt lonely recently
- 61% felt depressed or anxious recently
- 52% felt they did not get enough support from the Government
- 18% are not living well with dementia
- 43% of carers are overworked, under supported
- No two people with dementia are the same – services really do not reflect the needs of individuals



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Eating a balanced diet



If you worry that the person you care for isn't getting all the right nutrients from their diet, you're not alone. Here, are some simple tips to help make sure they have a balanced diet and eat what they need to stay healthy.

From protecting the heart, bones and brain against age-related diseases to giving the energy needed to recover from illness, a healthy diet rich in vitamins and minerals is vitally important for ageing well.

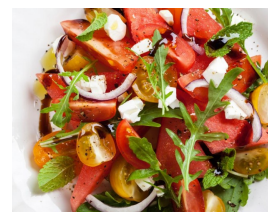
Unfortunately, many people do not eat enough of the right things to give them all the nutrients they need. The reasons for this can range from physical changes, such as losing sensitivity of taste and smell, to becoming less active, both of which can lead to a loss of appetite.

The person you care for could have mobility difficulties, which make food shopping and cooking more of a challenge. Or, after the loss of a partner, they might no longer be as motivated to cook for themselves.

All these factors can mean that an older person turns to simple snack foods rather than balanced meals and therefore misses out not only on essential nutrients, but the pleasures of a hot dinner.

What should a balanced diet include?

- 5 portions of fruit and vegetables a day
- Oily fish 2-3 times a week
- Lean meats, such as poultry, more often than fattier red meat
- Wholegrain cereals, breads, pasta and rice
- Eggs a couple of times a week
- Nuts, seeds and beans
- A small portion of dairy product, such as milk, cheese or yoghurt each day.



How to help a person to eat well

It's all too easy to simply recommend what people should be eating. The challenge comes with supporting that person to follow a balanced diet. Here are a few things you could do if you're concerned:

In the kitchen

Increasing a person's enjoyment of food can begin in the kitchen. First, it is important to make sure it's a safe and easy to use space. If the person is becoming less steady on their feet, you could make some simple changes, such as moving things from high cupboards and shelves to where they're within reach without needing a stepladder. Or you could consider installing a wall oven to make it easier to get hot food in and out.

Help with eating

Loss of appetite can make eating a struggle, but it's important to try nonetheless. To support your loved one, make mealtimes as relaxed as possible by giving them plenty of time to eat enough. This could include having the opportunity to see and smell food before eating, which can help stimulate the appetite and making sure they don't feel anxious about taking too long over a meal. You could also try serving smaller portions of food, which can look less daunting on the plate.

Dates for your Diary

Friday 16 October - Lea Hall Social Club in Rugeley - **Paul Birch** will be hosting an evening of great entertainment to raise funds for the MASE. There will be 5 artists appearing and, as always, we can guarantee it will be a wonderful night. Tickets are £4.00 and available from Daphne or Elaine.

Friday 4 December - Our traditional Elvis night when **Mark Clay** will be singing for us at The Stafford Rangers Club to raise funds for the MASE. More details on this event will be given later in the year.



If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

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