



The MASE Monthly Newsletter

September 2017



Winners of Queen's Award for Voluntary Service

BBC News Midlands Today covers the MASE



The British Citizen Award Daphne and Elaine recently received generated interest from the BBC. A member of the Midlands Today programme telephoned and expressed an interest in spending time at a MASE Group; they also wanted to interview a Carer and their loved-one in their home environment.

Jill and Mick Darby were kind enough to invite the reporter to their home to chat about the effect of the diagnosis Mick had received, the impact it had on Jill and her family and just how much it had changed their lives. They then went on to talk about the MASE Groups and how they had helped not only Jill and Mick, but many others over the years. On 31st August filming then took place at the Hednesford MASE Group. We were informed that providing there was no breaking news on the day the MASE film would be shown on Tuesday 5 September on the Midlands Today Programme. We hope our MASE Groups do get on the TV and fingers crossed a 'Secret Millionaire' is waiting out there to support us!

Accurate List of Medications



What is the most important item in your purse/wallet? Is it your keys, your driver's license or perhaps your bank card? The [most important](#), and often overlooked, item that you should carry is actually an up-to-date and accurate list of medications you are taking. It only takes a few moments to compile and may help health care workers treat you or a loved one in the event of an emergency.

Why it matters

Life doesn't always happen as we plan. Sometimes emergencies arise and we must seek help from an emergency room.

Imagine that you are incapacitated. A nurse asks your loved ones or Carer what medications you are taking. They may not know that you take heart medication or the appropriate dose to treat your high blood pressure. They may not be familiar with any allergies you have. Missing a dose of any vital medication could impact your health.

By keeping an up-to-date list of medications readily available and with you at all times, you are playing an active role in your treatment, providing important information to medical staff and enabling them to know how best to proceed.

Your list should also contain any allergies you have, prior adverse reactions and most importantly, include any current medications, with dosage and frequency, that you are taking.

The medication list should also include non-prescription medications such as supplements, aspirin, vitamins, and minerals.

Tips

- Create a list of all medications you are taking. Don't forget vitamins, over-the-counter medicines, and herbal supplements.
- Include in the list the name of the medication, the dose, and the number of times a day you have to take it.
- Include information about how to take the medication (with or without food, as a pill, as a liquid).
- Include information about any allergies.
- Keep the list handy in case of an emergency (purse, wallet, car, and work).



Remember also to update the list when any changes are made.

Not just for emergencies

Keeping an accurate medication list isn't just in case of emergencies. Patients should take all of the medications on their list in the original bottles in a plastic bag, whenever they visit a Doctor.

This is especially important if they are visiting a new/different doctor as this is helpful in clearing up any possible confusion, especially for patients who may be older or have cognitive decline.

Take the list with you should you or a loved one have to go to hospital.

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Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

For anyone diagnosed with dementia the following five points may prove to be interesting

After spending more than 25 years working with people who are living with dementia, **Professor Graham Stokes, Bupa's Global Director of Dementia Care**, shares some advice for families affected by Dementia.

1. Your life isn't over

Please don't think that way – dementia doesn't erase you from the world. In fact, many people find that if they get diagnosed early enough they have the opportunity to live better than they might have anticipated. There are some amazing people living with dementia who make an enormous effort every day to keep their minds active and stay engaged with the world.

2. You might feel much better after a diagnosis is made

The number of people who dramatically improve after receiving an official diagnosis with dementia and being prescribed one of the anti-dementia drugs, which can slow down memory loss for a couple of years has been amazing. A diagnosis can actually remove quite a lot of stress too; the worry, 'what's wrong with me?' disappears. This stress may actually have been contributing to their memory problems, so once it's gone, it's not surprising that many people find themselves feeling better

3. Start to slowly simplify your life

Dementia is an intellectual disability so it makes sense to adjust and simplify your life accordingly. If you do less, you have less to remember, and if you have less to remember, you have less to forget, and the stress and strain starts to disappear. You don't need to make any sudden, dramatic changes though. Gradually, get a plan in place which may involve reshaping things to make life less demanding, but will still allow you to keep doing what you enjoy.

4. Think about where you live

We know that if you give people living with dementia a supportive environment to live in, they experience a slower rate of decline. Whilst dementia-inclusive communities are very beneficial in many ways, we spent 90 per cent of our time in our own home, so we need to make sure they are supportive too. Technological innovation is already making it easier for people with dementia to live their lives independently and safely, and more innovations and monitoring technologies *are on their way, which could help to make your daily life more manageable.*

5. Have those difficult conversations

In my experience, people who live with dementia don't like to think ahead or consider what their life may be like in a few years' time. This is entirely understandable, but if you can try to talk to your family and friends about the challenges you might face ahead, it could really help. At the very least it will mean that your loved ones will know and respect your wishes and desires further down the line.

Date for your diary



Our traditional Elvis evening will take place on **Friday 15 December** and will be held at :
The Stafford White Eagle Polish Club, Riverway, Stafford ST16 3TH.

Tickets will be £8.50 and will include a light buffet.



We anticipate a sell-out again this year so please be sure to buy your tickets early.
Daphne and Elaine have the tickets

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

Registered Charity No: 1137193 - The Monthly Alzheimer's Support Evening Limited (MASE)

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