



The MASE Monthly Newsletter

October 2016

Winners of Queen's Award for Voluntary Service



The month of October



Can you believe we are now in October? The nights are drawing in, the days are colder and very soon our clocks will turn back and we will be heading towards our traditional Winter weather. Please also remember to think about people who are on their own, and to occasionally give them a call to see how they are. A five minute telephone conversation can help to completely change somebody's day .



PLEASE DON'T FORGET : The clocks go back on Sunday 30 October this year.

Saga supports The Silver Line 0800 4 70 80 90

Saga are proud to be supporting **The Silver Line**, the charity set up by TV presenter Dame Esther Rantzen after she suffered intense loneliness following the death of her husband.

They have just answered their one millionth call since 2013, when they first started to take calls from lonely people. This milestone was reached on a day in which they received an astounding 1,600 calls.

The Silver Line's service is free and confidential - people can ring and hear a friendly voice at the end of the phone if they're feeling lonely or isolated. Night time and weekends are the busiest time for calls: 90% of callers live entirely alone, and 54% of callers have absolutely no one else with whom to talk. And it's not just older people who are affected - many callers are in their fifties. It has been dubbed an 'epidemic of loneliness' by Dame Esther - an epidemic that is no respecter of age or social class.

The Silver Line are supported by some 3,000 amazing volunteers, but now their night time service is in danger of being cut back and the charity has launched a national appeal for £1.65 million to secure this crucial service.

Many of us take for granted the social connections we make every day but for too many people the world is a lonely place. It is hoped that by teaming up with The Silver Line they can both raise money and encourage more people to volunteer and, by doing so, help them to make a real difference to people's lives.



Try to make your Home a safer environment

Focus simply on providing a safe place for your cared for to walk around or explore.

Living spaces will be safer after you remove throw rugs, electrical cords, and other potential trip-and-fall hazards. Rearranging furniture to clear space can help. Childproof doorknobs or latches mounted high on doors help prevent wandering outside. Sometimes a stop sign on an exit door is enough.

Rooms that are off-limits pose a different problem. Camouflaging a door with paint or wallpaper to match the surrounding wall may short-circuit a compulsion to wander into such rooms. Night lights and gates at stairwells can be used to protect night wanderers

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

Helpful Coping Strategies

Try to follow a daily routine

This can stimulate your memory and help you feel calm and balanced.

If there are regular things you need to remember, like locking doors or taking medication, write them on a notice board and pin them up somewhere prominent.

Go easy on yourself

It's OK to take your time over essential tasks that you might have done more easily in the past.

It's also fine to ask someone to repeat themselves if you haven't understood or have forgotten something they said.

Carry a notebook

This can include lists of people's names, telephone numbers and daily tasks written inside – you can refer to it if you have trouble remembering things.

Stay in touch with friends and family

Maintaining a social life can help prevent you from becoming isolated.

Keep important items like keys, spectacles or your notebook, in the same place.

So you get in the habit of knowing where to look for them.

Write down telephone numbers of important people

Including your friends, family, GP, and care staff (such as your CPN) - on a pad near the phone.

Focus on what you can do rather than what you can't

Keeping positive will help you enjoy life.

Ask your bank to set up direct debits to pay all your important bills

So that you don't need to worry about them.

Remember that dementia is a disability

It is not your fault if you have difficulty remembering things or doing things which used to seem easy. Don't worry what other people think – it is their problem if they cannot deal with your disability.

Carry a card which tells people that you have dementia. This can be useful if you get into a difficult situation and need someone to help you. Include the telephone number of someone you trust who can be called if necessary. We have these cards available for you at the MASE.

Make Sure to Drink Enough

With the cold weather some people with dementia may struggle to drink enough throughout the day and will be at an increased risk of dehydration. It is important to encourage fluid intake and help maintain hydration and good health. A low intake of fluid also can contribute to constipation, headaches, tiredness and confusion. It can also affect mood and increase irritability. Actual fluid requirements can vary from one individual to the next. A healthy guide is to try and drink six to eight cups of fluid a day. Drinks can include water, tea and coffee, fruit juice, milk and other soft drinks.

Try the following suggestions:

- * Encourage them to use a cup or a small glass rather than a mug or a large tumbler
- * Offer the person the cup, rather than leaving it on a table
- * Offer small, but frequent, drinks throughout the day
- * Transfer drinks that are supplied in a carton with a straw to a cup or glass



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

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