

# Essential circles of support

For people who care

For caregivers, especially those caring for a loved one with dementia

‘Caring for a person with dementia is *different* to other types of caregiving. It is one of the most difficult situations encountered by caregivers and the *most stressful* of all types of family caregiving.’

Marwitt et al, 2004

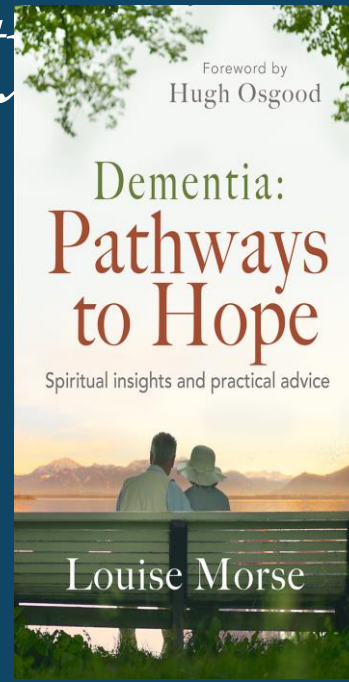
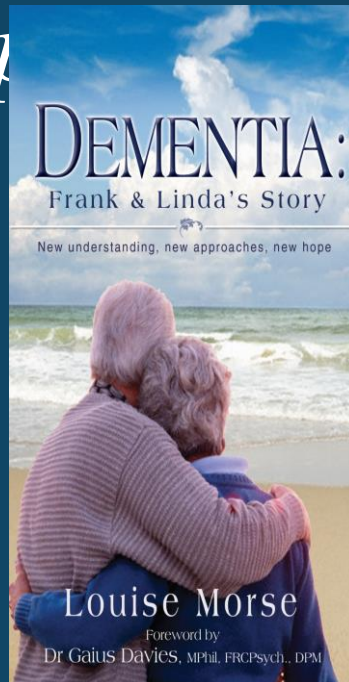
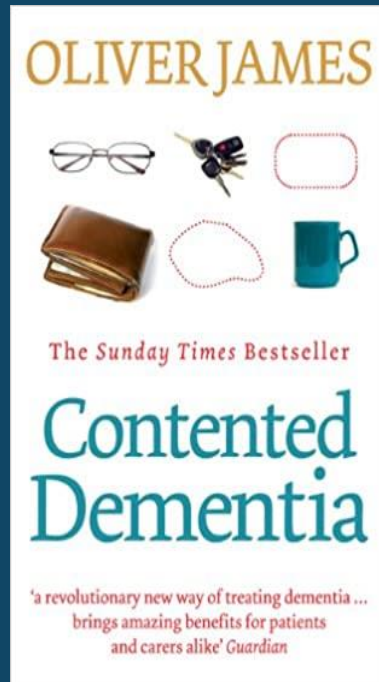


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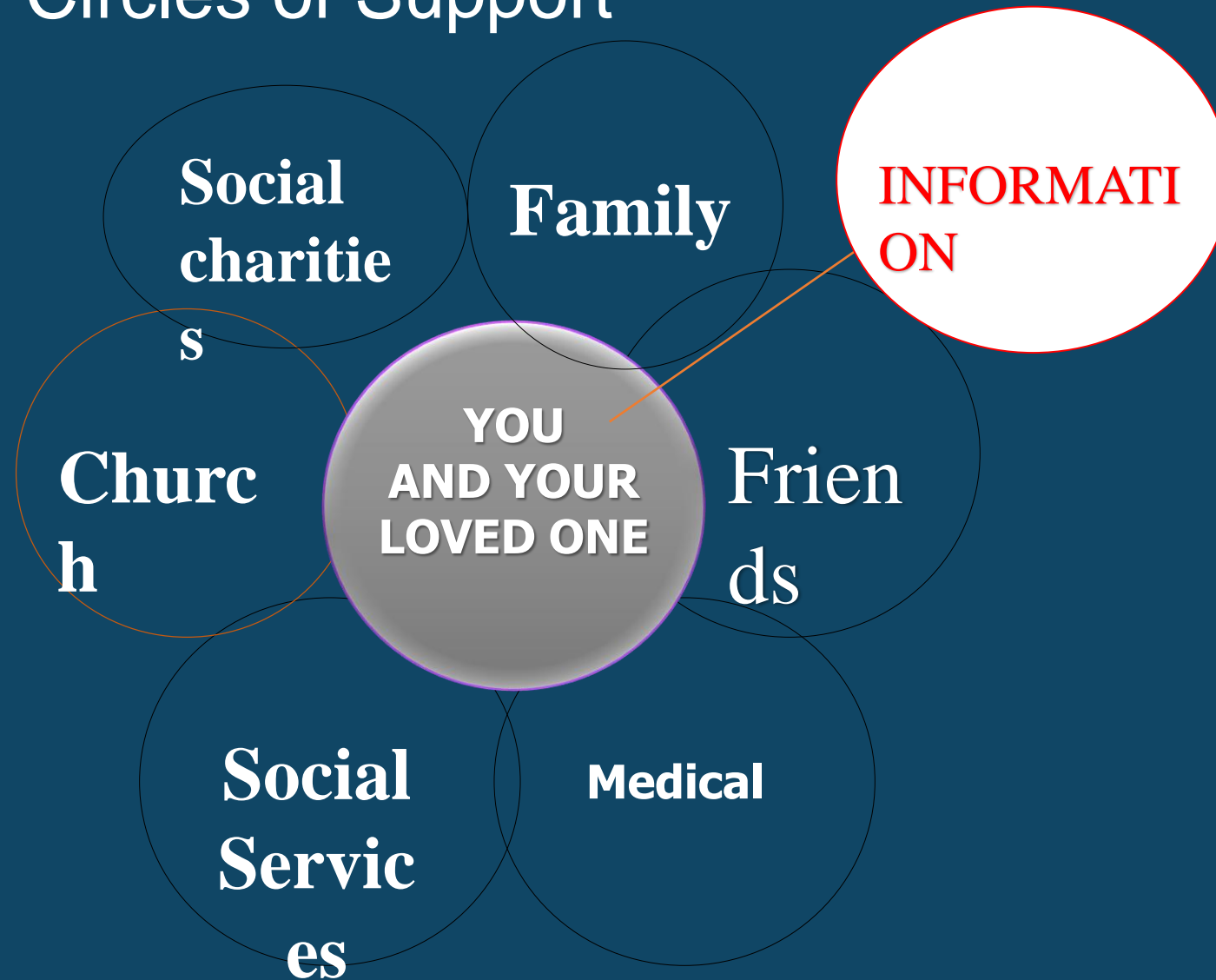


# That each case of dementia is unique

*It is a mixture of the pathology and the*



# Circles of Support



# Information

- Knowing that dementia is the syndrome resulting from damage to the brain.
- There are said to be over 100 causes of damage. The main ones are Alzheimer's, cardiovascular, or a mixture of both, Lewy Body, Pick's disease, Korsakoff's syndrome, and LATE, Limbic-predominant Age-related TDP-43 Encephalopathy, described in 2019.
- Understanding what is happening to the PWD, and responding appropriately
- Knowing that the person remains.





## What do I need from my family?

- ✓ Help in planning the future
- ✓ Encouragement and conversation
- ✓ Regular visits
- ✓ Offers to keep the person company
- ✓ Help in filling forms/getting information
- ✓ Practical help e.g. = shopping;  
housework; laundry; ironing







## What do I need from my friends?

- ✓ Visiting
- ✓ Bringing 'outside' news
- ✓ Offers of help
- ✓ Emotional support
- ✓ Assurance
- ✓ Prayer
- ✓ Sharing the scriptures





## What do I need from my G.P.?

- ✓ A sympathetic and listening manner
- ✓ Clear explanations of the disease
- ✓ An idea of what to expect
- ✓ Information about medication
- ✓ Other sources of help available
- ✓ Direct how to access specialist advice
- ✓ Role as caregiver is recognised







## What do I need from Social Services?

- ✓ Full information about support available
- ✓ How to access support
- ✓ Direction to other sources of help
- ✓ Someone to contact
- ✓ Advice – how to claim benefits

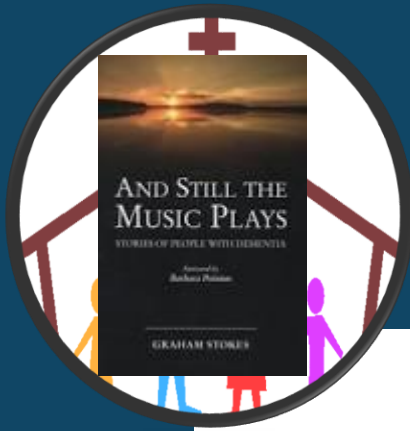




## What do I need from my church?

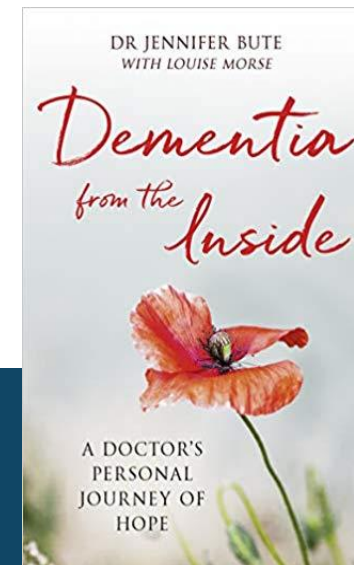
- ✓ That the fellowship understands what dementia is, and accepts its effects.
- ✓ Appoints someone to 'befriend' us
- ✓ Someone to contact for prayer support
- ✓ Gives spiritual support and encouragement
- ✓ Never lets us slide under the radar
- ✓ Does home visits when church attendance isn't possible.



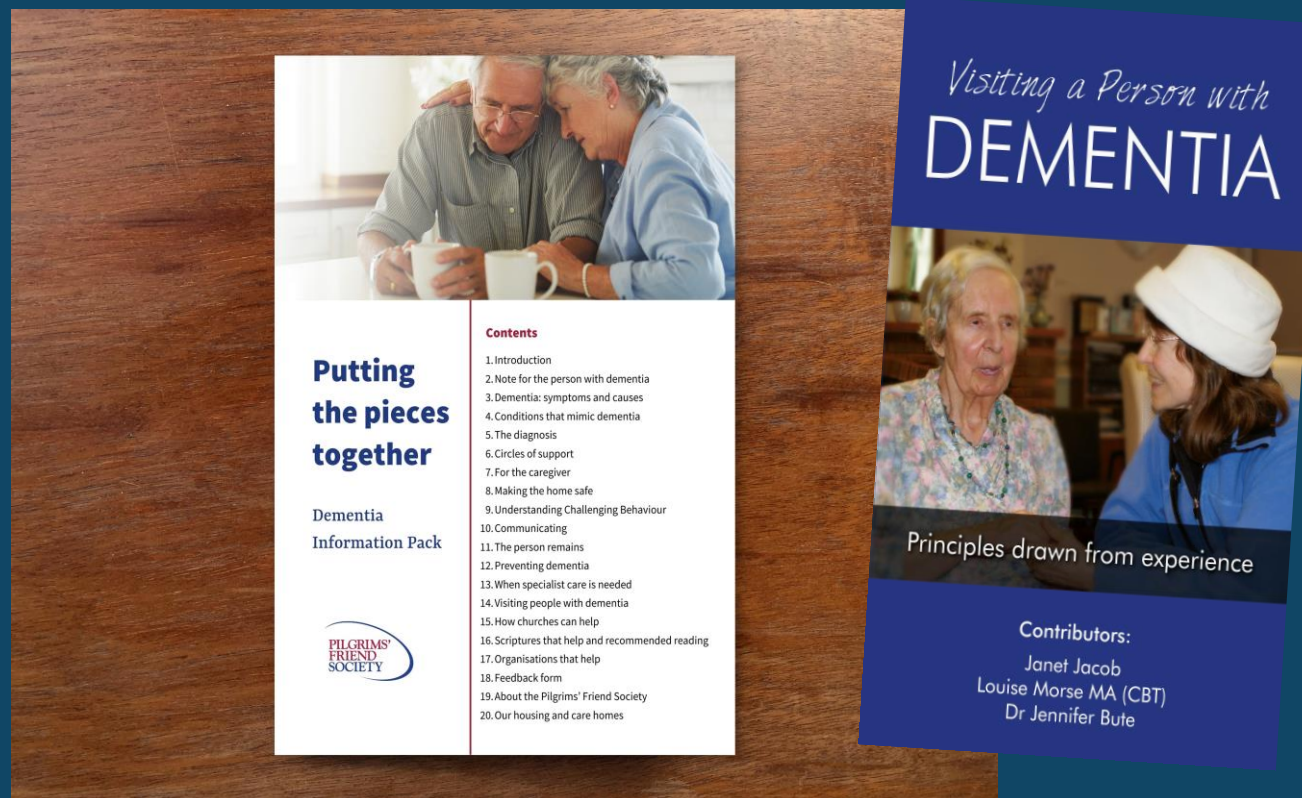


What do I need to know most of all?

- ✓ That *the person remains*. Behaviour may change. But the person reacts true to his/her core self in what are to them strange and sometimes threatening circumstances.



Resources on our website: [www.pilgrimsfriend.org.uk/resources/dementia](http://www.pilgrimsfriend.org.uk/resources/dementia)



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