



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

9 January 2019

Studies

[Regular problem-solving does not protect against mental decline](#) Doing crossword puzzles and Sudoku does not appear to protect against mental decline, according to a new study. The study involved 498 volunteers born in 1936 analysing their self-reported intellectual engagement along with cognitive measurements over a 15 year period. Engagement with intellectual stimulating activities was associated with early life ability, but not associated with the trajectory of cognitive decline in general. Those with greater intellectual engagement did have a "higher cognitive point" from which to decline, but the study did not show that they decline any slower. It is important to note that this study was not specifically focussed on dementia patients or on people's risk of developing dementia. [Behind the headlines](#)

[Lack of wealth may increase our risk of dementia](#) This article from the Mental Elf discusses a study which investigated the association between factors linked to socio-economic status and dementia risk. The study suggests that levels of education and neighbourhood deprivation are not associated with a higher risk of dementia. In contrast, lower levels of wealth are associated with an increased risk of dementia, particularly in people born after 1926. However, these results do not show strong associations, so further research with precise results is needed.

Paper

[Mental Capacity \(Amendment\) Bill: equality analysis](#) This paper examines the potential impact on protected groups of the Mental Capacity (Amendment) Bill, which seeks to replace current legislation with Liberty Protection Safeguards. The paper suggests that a large impact of the bill will be increasing the equality for those who fall under DoLS jurisdiction in the community.

Speech

[Together let's renew the call for action to defeat dementia](#) In his speech to the world dementia council Health and Social Care Secretary Matt Hancock discussed the progress and future aims around improving dementia care, diagnosis and prevention.

Factsheets

[Safeguarding older people from abuse and neglect](#) This factsheet produced by age uk explains the law on safeguarding adults to help clarify what to do if there is a concern that an older person is being abused or neglected, or may be at risk of abuse or neglect, including explaining the mental capacity act for those who do not have capacity.

[Arranging for someone to make decisions on your behalf](#) This factsheet produced by age uk describes how an individual can arrange for other people to make decisions about their health, care and finances if they think they may lose the mental capacity to do this in the future.

Guidance

[Dementia Commissioning know how guide](#) This guide is aimed at Clinical Commissioning groups and covers the dementia care pathway advocating a systematic, standardised approach to investigating and enhancing the attributes and processes that positively impact effective commissioning of dementia care services.

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Cochrane Clinical Answers

[What are the effects of valproate preparations in people with dementia with agitation?](#) This Cochrane clinical answer review examined the existing evidence concerning the use of valproate preparations in people with dementia with agitation and found that valproate does not seem to reduce agitation and may be associated with worse functional performance than placebo. More people in the RCT evidence taking valproate than the placebo experienced an adverse event although the review highlights that limited numbers and lack of rigour in the trials suggests that larger high-quality trials are needed and may impact the results.

Advice

[Focus on emotions when responding to repetitive statements](#) An individual living with dementia who asks questions repeatedly may be trying to express a specific concern, ask for help or cope with frustration, anxiety or insecurity. This article from the Alzheimer's association offers simple suggestions to assist carer-givers in how to effectively respond to these questions.

[People living with Alzheimer's can still participate in activities](#) In the early stages, a person living with Alzheimer's or another dementia may withdraw from activities he or she previously enjoyed, this article offers suggestions for care-givers to encourage continued engagement in enjoyable activity.

[Sundowning is common with people living with Alzheimer's](#) People living with Alzheimer's and dementia may have problems sleeping or increases in behavioral problems that begin at dusk and last into the night, known as sundowning. This article from the Alzheimer's association offers causes and coping strategies to aid care-givers.

[Music and art can enrich the lives of people living with Alzheimer's](#) Music and art allow for self-expression and engagement, even after Alzheimer's or another dementia has progressed. This article aimed at care givers offers suggestions for activities around music and art to improve quality of life for people living with dementia.

[Daily planning can help caregivers and people living with Alzheimer's](#) Regular routines can be helpful for both caregivers and people living with Alzheimer's disease. This paper gives simple recommendations for care givers to plan days and activities in a positive and structured way.

Film

[Flourishing - launch of a short film about families living with young onset](#) Flourishing is the story of three families living in Sheffield, with young onset dementia. Filmed by Manchester based production company, Cosmic Joke, the film gives insight into the lives of those living with young onset dementia, as well as the people around them.

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