

Supporting people with learning disabilities as they get older



Children and Families

Community Services

Mental Health

Secure Services

Specialist Services



Supporting Health and Wellbeing
Community Services

Getting Older - Do you support someone with a learning disability?

Along with the rest of the population, people with learning disabilities are living longer. This brings with it all of the conditions associated with old age. In particular people with a learning disability have a higher likelihood of developing Dementia. This risk is increased further if a person has Down's Syndrome.

What is Dementia?

There are many different types of Dementia, but most will have similar symptoms. These may include:

- Changes in daily living skills.
- Short term memory loss.
- Increased tiredness.
- Reduced interest in usual activities.
- Changes in social behaviour or mood.
- Becoming disorientated and confused.

Some people with learning disabilities might do some of these things already, this does not mean that they have Dementia. It is changes and deterioration in a person's skills and functioning that can indicate the possibility of a person having Dementia.

There are many things that can trigger behaviour changes which may look like symptoms of Dementia. These include:

- Thyroid problems
- Urinary tract infections
- Effects of medication
- Hearing loss

The Learning Disability Community Nursing Team can support you to access health checks to rule out any health problems.

Dementia Screening - The Ageing in Learning Disabilities Team

The Ageing in Learning Disabilities Team has input from: Clinical Psychology, Community Nursing, Older Adults Psychiatry and Speech & Language Therapy.

Dementia Screening helps to identify and monitor changes. To do this it is important to collect baseline information to use for comparison in the future as the person gets older. This means that it is useful for us to meet people at an earlier age, before any changes happen. However we can also provide screening and monitoring when there are already concerns. It is important to repeat the screening at regular intervals so that any changes in behaviour, memory or level of ability can be compared over time.

How we can help:

- Dementia awareness training
- Support with health facilitation
- Making referrals to other services
- Advice and support with care plans

What is involved?

We will meet you and the person you care for to gather information. We may ask you some questions or ask you to complete questionnaires. We may carry out assessments with the person you care for. The information that we collect will be kept on a database. Following this, we may repeat the assessments at regular intervals.

If you have concerns you can help by closely monitoring and documenting symptoms or changes in behaviour, and gathering information on the person's past behaviour. You can also contact our team on:

Other sources of information:

The Mental Health Helpline

This provides an information and listening service for people in Lancashire. It is available between 7:00pm and 11:00pm Mondays to Fridays and from 12:00 noon until 12:00 midnight on Saturdays and Sundays.

Freephone 0500 639000.

Customer Care

If you wish to pay a compliment about the Trust's services, make a comment, raise a concern or complaint, please contact the Customer Care Department on **01772 695315, freephone 0808 144 1010** or email **customer.care@lancashirecare.nhs.uk**

If you have problems reading the print we can provide this leaflet in large print, audio book or Braille.

এই ডকুমেন্ট অনুরোধে বাংলায় পাওয়া যায়।

本文件可以應要求，製作成中文(繁體字)版本。

આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.

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درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

W przypadku jakichkolwiek problemów z odczytaniem tekstu z przyjaznością dostarczymy Państwu ulotkę z dużym drukiem, także do odłuchu lub tekst w języku Braille.

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Copies of this leaflet are available from:

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