Dementia Pathway



Guidance on Key Stages of Dementia



Stages along the dementia pathway	What to expect
Pre-diagnosis	Symptoms including forgetfulness and difficulty finding words etc. may be noticed. Because these symptoms are not always associated with a physical illness, people usually, wrongly delay going to their GP.
Around the time of a diagnosis	Firstly, you should arrange an appointment with your GP. They will arrange tests, including a scan, blood and urine tests and an ECG. A referral is usually made to the Memory Assessment Service or to the Older Adult Mental Health Team.A diagnosis of dementia may be made or another appointment arranged if tests are inconclusive. A diagnosis of mild cognitive impairment (not a diagnosis of dementia) may be given. Medication may be advised.The person is discharged back to their GP and other specialist teams if appropriate.
Independent living at home	Following a diagnosis people usually manage well but may feel less confident and less able. If you are concerned for the wellbeing or safety of a person with dementia you should seek advice, either from a GP, Social Worker, Care co-ordinator, or from Dementia Jersey. You can also contact the social work team yourself via the Single Point of Referral (SPOR) to arrange an assessment of a person's needs for care and support.
Increasing need for care and support	Dementia is progressive so accepting the right help at the right time helps people live well and families to thrive. Family and friends may see changes in a person's language, mood, relationships or character which can be emotionally challenging. The person with dementia may feel increased levels of anxiety or sadness as the world becomes more complicated for them to understand and navigate.
Significant need for care and support	People will almost always need more assistance as dementia progresses, though care needs will be different for everyone. If a person's care needs cannot be provided for by family and professionals at home, they will need to move to a care home. A team of health and social care professionals will help you know when the time is right for this.
Following the death of a person with dementia	There is always much to do following the death of someone you have cared for, and you may experience a range of emotions. It can be a time of deep, painful grief and loss and sometimes of relief that a person's suffering or struggle has ended. You will be guided by the health professionals around you at this difficult time concerning what you will need to do.

Notes

- Dementia is an umbrella term used for the symptoms of many different conditions that affect the brain. The most common of these are Alzheimer's disease and vascular dementia, though these and others may affect people quite differently.
- 2. Dementia does not have a linear pathway but like many other lifelimiting illnesses and long-term conditions it does have a start and an end.
- 3. This pathway considers not just the needs of the person with dementia, but also the carers, family and community and the many services involved in caring for and supporting a person in Jersey.

Dementia Jersey support services

- GP
- Dementia Jersey's Dementia Advice team

While our Dementia Advice team are not a diagnostic service we can listen to your concerns, offer support 1-1 and in groups, provide information and signpost to others.

 GP Memory Assessment Service (MAS) Social Work team Occupational Therapy Clinical Psychologist Adult/Older Community Mental Health team inc. doctors and nurses 	Dementia Jersey offers a 1 hour 'Dementia Friends' session, a fuller information course, 1-1 advice, support groups, the Meeting Place Project for people recently diagnosed, and a range of activities for people with dementia and their family and friends. See our website, sign up for our newsletter, or drop into our office to find out more.
 GP MAS's Post Diagnostic Support Group MAS's Cognitive Stimulation Therap Group Social Work team Occupational Therapy Clinical Psychology Community Mental Health team 	Dementia Jersey continues to offer our full range of support groups, training, events and activities for people with dementia and their family and friends.
 GP Social Work team Occupational Therapy Clinical Psychology Day Care Centre Community Mental Health team Professional care agency Long Term Care Scheme 	progresses.
 GP Social Work team Occupational Therapy Speech and Language Therapy Clinical Psychology Day Care Centre Community Mental Health team Professional Care Agend Care Home Long Term Care Scheme 	Counsellor can help you talk through the range
Practical help and signposting will be provided by your undertaker. Information about managing practical and administrative affairs is available at www.gov.je/lifeevents and from Citizens Advice Jersey. Emotional support and counselling is available from Jersey Hospice Care.	Dementia Jersey will remain available to support you following the death of a person with dementia. We can offer 1-1 support, counselling and host a support group for people who have been bereaved through dementia.

- 4. The six colour-coded elements described in this pathway embrace the complexities across the dementia journey from beginning to end.
- 5. The pathway will guide you on the range of support and services available throughout the journey.
- Contact details for all the agencies to which you can self-refer are shown on the reverse of this document. Otherwise, referrals are via a GP or other health professional.

A Diagnosis of Dementia

Dementia is an umbrella term for a range of symptoms associated with many different conditions affecting the brain. Because these symptoms usually develop slowly it may be some time before a diagnosis can be confirmed. To do this, doctors usually arrange for their patients to have some tests, the results of which are carefully considered by a specialist doctor before they can determine a diagnosis. This may be for a specific brain condition, for example, Alzheimer's disease, or vascular dementia, but if the symptoms are mild, and no specific condition is identifiable, a person may be diagnosed with mild cognitive impairment (MCI), which is not a diagnosis of dementia.

Symptoms of Dementia

Because there are so many conditions of the brain that can lead to dementia, which usually have their own characteristic symptoms, and because symptoms can change over time, and be affected by people's other health conditions, it is very difficult to specify what symptoms a person is likely to have. Generally however, symptoms are likely to be mild initially, but over time may change, or a person may experience new symptoms, which may have an increasing impact on their life. These may include forgetting people's names or recent events or finding it increasingly difficult to manage the activities of daily living. People may also find it difficult to manage conversations, and may become anxious, agitated or depressed, and because our brains control all our body's systems, dementia can sadly affect a person's ability to eat, continence and mobility.

Dementia Jersey - Who we are and what we do

Dementia Jersey is a team of highly skilled professionals supported by trained volunteers. The charity provides:

- Information about dementia and what we can do to reduce our risk of developing dementia
- Support, advice and counselling for people with dementia and their family and friends
- A range of tailored therapeutic activities and events
- Support to family and friends following the death of a person with dementia
- Signposting to other sources of help and support available

Useful Contacts

Citizen's Advice: t: 724942 or freephone 08007350249 e: advice@cab.org.je

Community and Local Services: (Including Social Security) t: 444444 www.gov.je

Government of Jersey: www.gov.je

Home Care Agencies and Care Homes: Details via Jersey Online Directory (JOD) www.jod.je

Contact us

Dementia Jersey de Carteret House Hilgrove Street St Helier JE2 4SL

t: 723519 e: info@dementia.je



Jersey Hospice Care: (Bereavement Support) t: 285144 e: bereavement@jerseyhospicecare.com

Long Term Care: (Social Security) t: 445505 e: longtermcare@gov.je

Judicial Greffe: (for Power of Attorney) t: 441300 e: JGRProtection@Courts.je Memory Assessment Service: t: 444830

Occupational Therapy: t: 443068

Single Point of Referral (SPOR): t: 444440 e: SPOR@health.gov.je

Speech and Language Therapy: t: 444500



www.dementia.je