

Loneliness, Living Alone and Dementia

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Overview:

Dementia 2013: The
Hidden Voice of
Loneliness

Loneliness and Quality of
life

Policy background and
progress

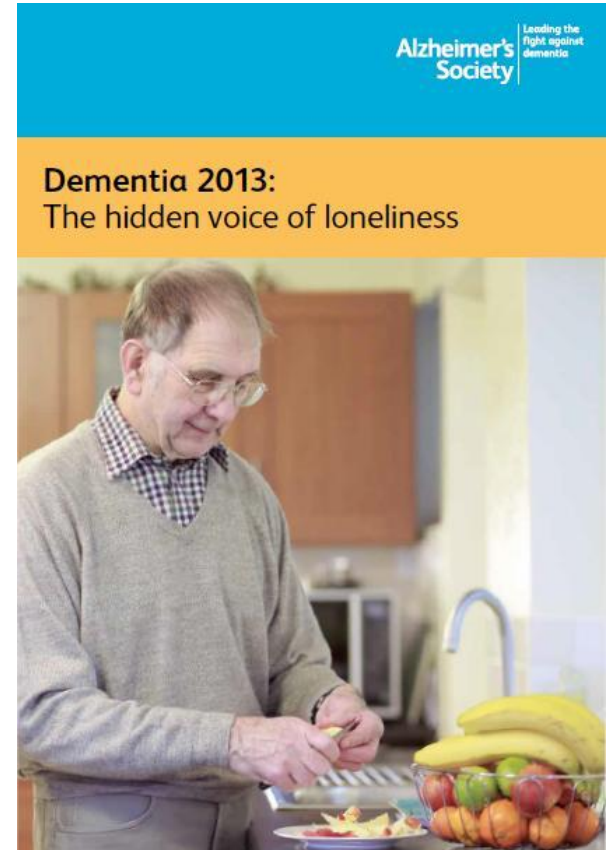
Opportunities for change

Case studies and good
practice

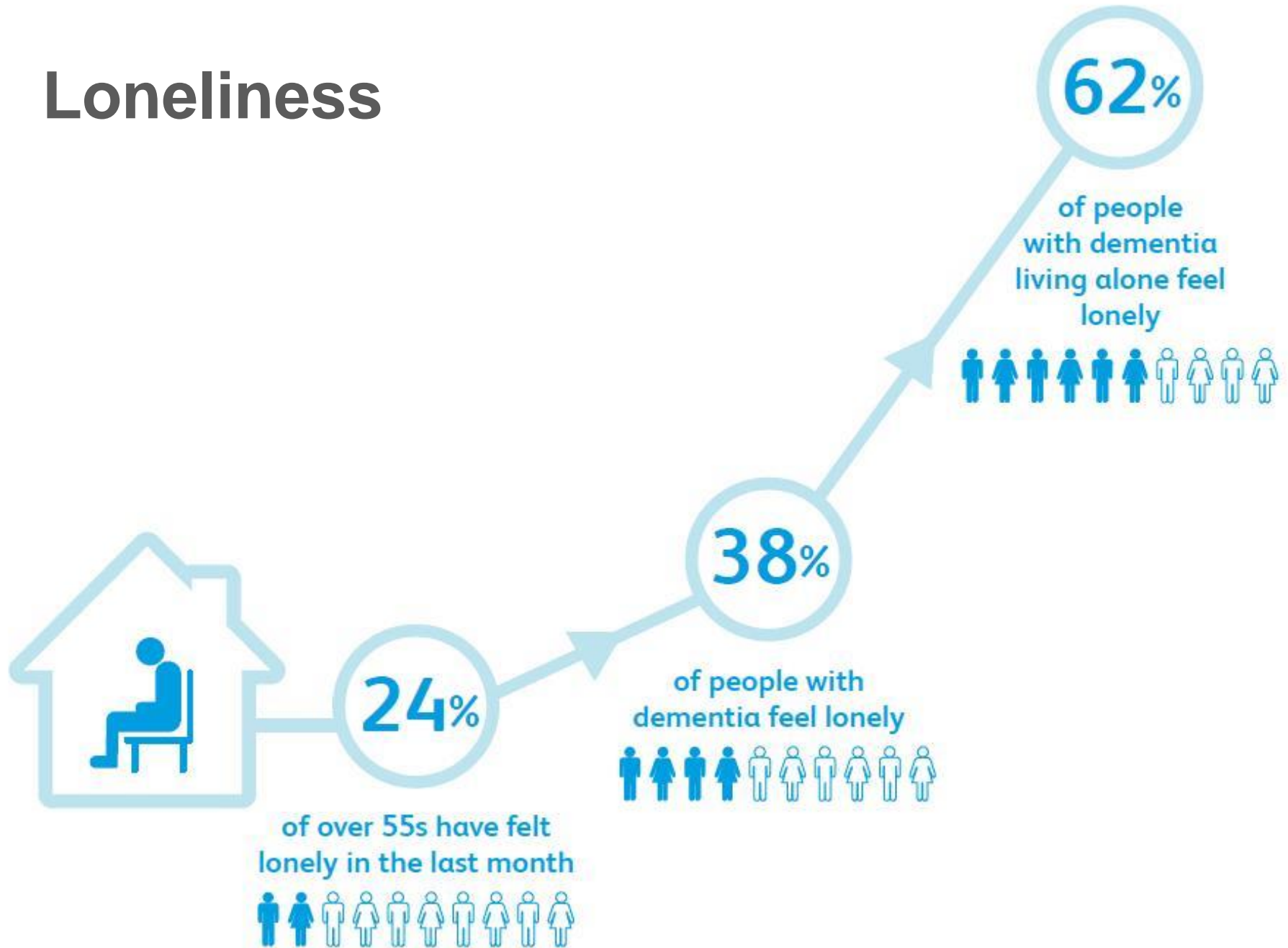


Dementia 2013: The hidden voice of loneliness

- Annual survey
- Over 500 people surveyed asking how well they are living
- Loneliness key to determining quality of life



Loneliness



Why are people with dementia lonely?

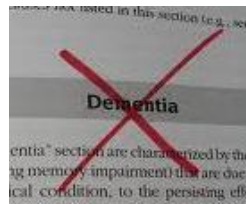


Limited mobility

Widowhood

Others or person moving

Electronic exclusion



Maintaining relationships

Stigma

Remembering recent contact

Confidence

Quality of life



- 2 of every 3 (61%) are living well with dementia



- 1 in 6 (17%) are not living well with dementia – the same number as chose this option last year.



People living alone



1/3 of people with dementia live on their own in the community.

Means there is less social contact

Can further compound factors leading to loneliness (eg. confidence)

Value contact from friends and family highly

Coping mechanisms for day to day life

What else did we find?

Only
47%

of survey respondents feel a
part of their community

When asked what they have
had to stop doing, people said:



28%
getting out of
the house



22%
exercise



16%
transport



23%
shopping

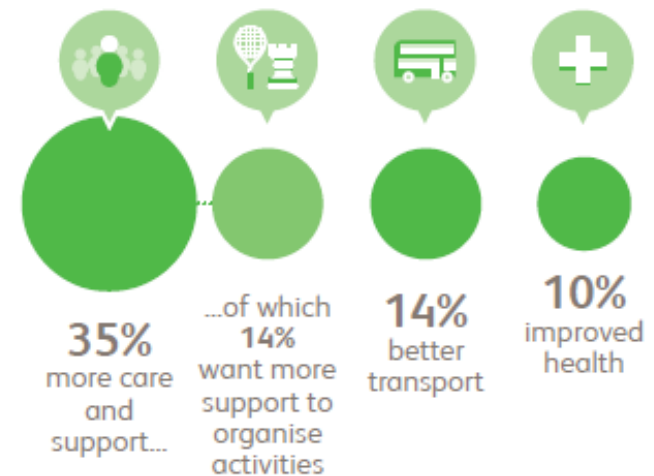


9%
have had to give
up everything

63%
of people with dementia do not wish
to try new things in their community



To do more in their local area,
people with dementia want:

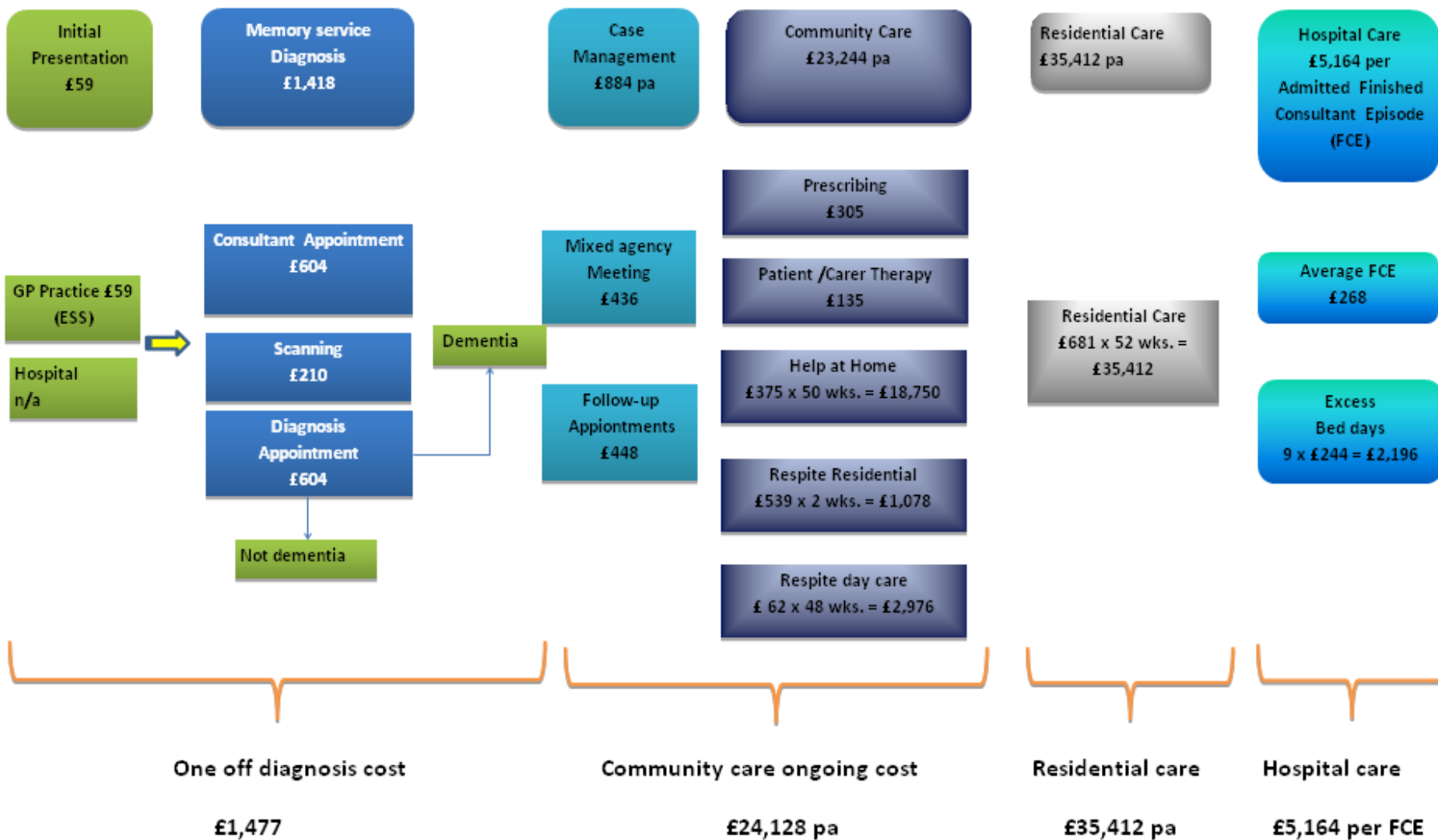


Dementia friendly means:



conomic case

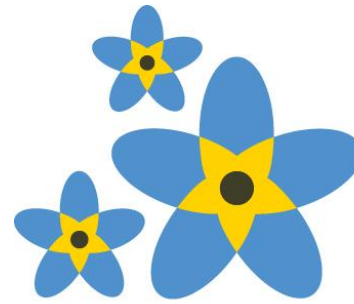
Estimating the costs per diagnosed person within the dementia pathway



So what's happened since 2013?



Now over 260
Dementia
Friendly
Communities
across the
country



Working to become
**Dementia
Friendly**

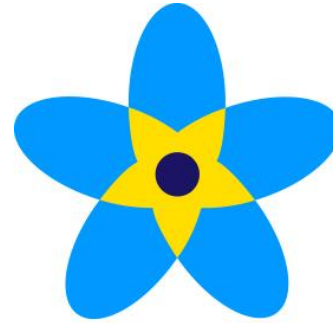


fareham SHOPPING CENTRE
at the Heart of the Community



**2 million
Dementia
Friends since
2013**

**1 in 30 people
now a Dementia
Friend**



Dementia Friends

An Alzheimer's Society initiative



Dementia Friendly Initiatives

Dementia Friendly Communities

Dementia Friendly Communities is a programme which facilitates the creation of dementia-friendly communities across the UK. Everyone, from governments and health boards to the local corner shop and hairdresser, share part of the responsibility for ensuring that people with dementia feel understood, valued and able to contribute to their community.



Making your community more dementia friendly >



Making organisations more dementia friendly >



Creating a dementia-friendly generation >

Thank you

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