

Dementia in Ethnic Minority Communities

Dementia is a collective term for several conditions affecting the brain. Alzheimer's disease and Vascular dementia are more commonly known than most other types. There are approximately 25,000 people of an ethnic minority heritage in the UK who are living with dementia. Dementia is expected to increase seven to eight-fold in these communities over the next few decades.

Ethnic minority communities are more at risk of dementia because of lifestyles. In addition, being at higher risk of certain diseases such as diabetes, blood pressure and stroke, increases the likelihood of developing dementia.

Communities from minority ethnic heritage are more likely to experience a lack of understanding from family, relatives or the wider community about dementia and its impact. They may not realise that symptoms such as memory loss, difficulty communicating, and problems working out time and space are related to dementia. Sometimes we can become angrier or withdrawn because of dementia. Managing things like diabetes or taking medication can therefore become difficult.

Help is available to support people living with dementia and their family carers. It will be helpful if you start to learn about dementia and its impact on you and what you can do to 'Live well with dementia'.

Tips:

- If you are worried about your memory, speak to your GP.
- Ask for a 'Memory Assessment' from the memory clinic to check for dementia.
- Read up on information about dementia and dementia care from credible sources
- Try to plan ahead, including having an 'Advanced Care Plan' and a 'Power of Attorney'.
- Ensure you keep yourself active with exercise, that you eat well and keep your mind active.
- Check to see if there are any local support groups; otherwise, ask around.
- You are not alone whether living with or caring for dementia - ask for help and support.
- As dementia progresses, you may qualify for welfare benefits or health and social care support.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

