

What kind of services could Dementia Friendly Keighley staff signpost you to?

- Dementia support groups
- Dementia Champions courses
- Partner organisations helping carers
- Walking groups
- Exercise and fitness activities
- Counselling
- Advice/Welfare

Who can I contact?

You can speak to a number of people. These can include:

- Family members
- Friends
- Your GP
- A Social Prescriber
- Someone you trust at a local community centre or your place of worship, such as a mosque or a church

There are also local and national organisations that can help people living with dementia and their carers.

Of course, you can come and talk to us, and we can help point you in the right direction.

For more information, contact:

Phone: 01535 602529

Email: info@dementiafriendlykeighley.org.uk

July 2023



Supporting South Asian people affected by dementia

Helping people living with dementia and their family carers to learn and cope with dementia

What is Dementia?



Dementia is a term used to describe a number of diseases associated with the cognitive function of the brain. Depending on what part of the brain is affected and how, will influence the behaviours and symptoms associated with dementia. Alzheimer's Disease is a very common known form of dementia, but other well recognised forms include Vascular Dementia and Lewy Body Dementia.

Dementia affects about 914,000 people in the United Kingdom, with about 20-25,000 people from black, Asian and other minority ethnic communities living with the condition. However, whilst it is expected to increase by about two-fold in the White British population, it is expected to increase by about seven to eight-fold in the minoritised ethnic communities.

How does it affect South Asian communities?

There is no word for dementia in the main South Asian languages. This creates a problem for some communities who struggle to recognise a condition that they have no word or recognition of.

South Asian families are also influenced by cultural, social and religious norms and values, which can dictate the level to which family carers and the person living with dementia are willing to talk about the condition and get appropriate help and support.

South Asian communities not only present themselves late for help from the GP; and do so usually when they are at a crisis point, and the person with dementia is already coping with complex health needs.

What does Dementia Friendly Keighley do?



Dementia Friendly Keighley is based in the town, with staff who have experience of life caring for a close family member who was affected by dementia. We therefore provide support to individuals by listening to their needs and then making appropriate referrals to services or projects, or to our in-house groups and activities.

We aim to provide holistic support for individuals enabling them to improve physical, mental and emotional wellbeing. We help people understand dementia and to have more control over their choices, encouraging and supporting them to access the help that can improve their health and well-being.

How can we help you?

Colleagues at Dementia Friendly Keighley are skilled in understanding that dementia affects people in different ways. This means that solutions to challenges, worries, and dementia related concerns can be addressed by looking at what help you might need, who is best placed to support you and how we can help connect you to the right people and services.

Coming to our centre can help you see that there are many people affected by dementia as it does not discriminate. There is advice, guidance, support and signposting so that you get the correct help at the right time.