Dementia Hwb

Partneriaeth Ranbarthol Gorllewin Morgannwg | West Glamorgan Regional Partnership

How you can lower your chance of getting dementia





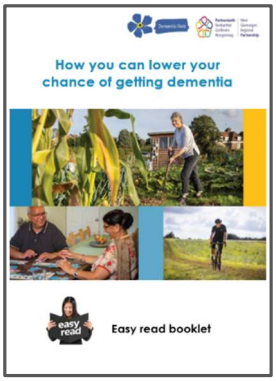
Easy read booklet

Who we are and what this booklet is about

We are **West Glamorgan Regional Partnership** and **Dementia Friendly Swansea**.



We help people living in Swansea and Neath Port Talbot who have dementia.



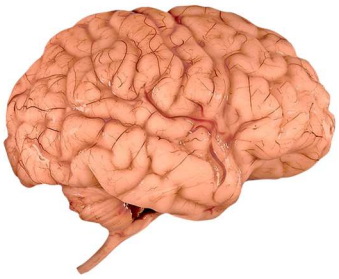
We tell you what dementia is on the next page.

In this booklet we tell you what you can do to make it less likely you will get dementia.

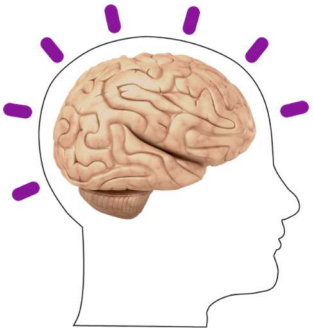


We also tell you about other organisations that can help you.

What is dementia?



Dementia is a health condition that affects your brain. There are different types of dementia.

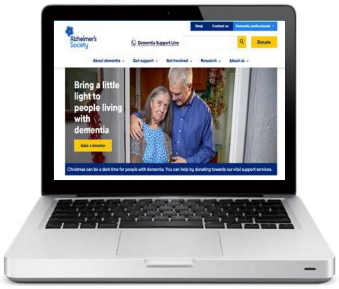


If you have dementia you might find it hard to

- remember things.
- think.
- do tasks.
- talk and understand.



Talk to your doctor if you are worried about dementia.



To find out more about dementia go to the **Alzheimer's Society website**. **http://www.alzheimers.org.uk/**

Lower your chances of getting dementia

Look after your hearing



It is important to look after your hearing even when you are young.



For example

- do not listen to loud noises for a long time.
- wear ear protection if you are around loud noises.
- talk to your doctor if you are worried about your hearing, if your ears hurt or if liquid comes out of your ears.





If you need a hearing test your doctor might send you to an **audiologist.**

An **audiologist** is a doctor who helps you look after your ears and your hearing.



An audiologist can tell you if you need hearing aids.

If you do need hearing aids they are free from the NHS.

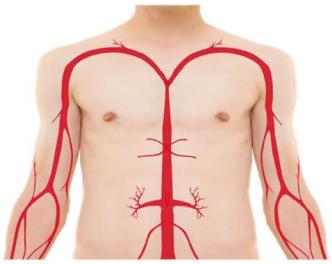


You can do a free hearing test online at **the RNID website**.
http://www.rnid.org.uk/

This can tell you if you need to see an audiologist.

Lower your chances of getting dementia

Stop Smoking



Smoking makes it harder for blood to move around your body and get to your brain.



Giving up smoking makes it less likely you will get dementia.



It's never too late to stop smoking. The sooner you stop smoking the better it is for you.

If you use an NHS Stop Smoking service you are much more likely to stop smoking forever.

Lower your chances of getting dementia

Look after your mental health



Mental Health means how you think and feel most of the time.



It is normal to feel sad sometimes. But if you have **depression** you should talk to your doctor.



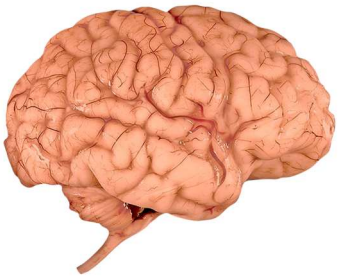
Depression means you have a low mood for more than 2 weeks. You might also find it hard to concentrate and think about hurting yourself.



At the end of this booklet we tell you about some organisations that can help you look after your mental health.

Lower your chances of getting dementia

Spend time with other people and use your brain



Doing activities that use your brain makes it less likely you will get dementia.

You could



- learn a new skill.
- do arts and crafts in a group.
- sing with other people.
- do puzzles or crosswords.
- play card games or board games.
- read books.
- write a story or a diary.



Spending time with other people is also good for your brain.



It is important to try to keep in touch with the people who matter to you, such as friends and family

Lower your chances of getting dementia

Look after your head



Some people get dementia because of an injury to their head. For example, a big bump to their head that makes them **unconscious**.



Unconscious means you are not awake and you do not know what is happening. It is like being asleep but it is difficult to wake you up.



You might get an injury to your head if

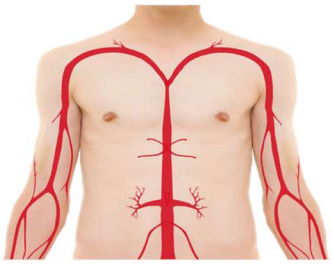
- you are in a car crash.
- something falls on your head.



Look after your head by wearing a helmet when you play a sport that might hurt your head.

Lower your chances of getting dementia

Look after your blood pressure



Blood pressure is how hard your blood pumps as it moves around your body. If it pumps too hard this means your blood pressure is high.



If your blood pressure is high for you could be more likely to get dementia.



Your doctor or a **pharmacist** can check your blood pressure.

A **pharmacist** is someone who sells medicine. They are also called a chemist.



Talk to your doctor about your blood pressure and what you can to do make sure it is healthy for you.

Lower your chances of getting dementia

Move your body more



Exercise is good for your body.



Adults should exercise for at least **2 and a half hours** every week.

Try to do **30 minutes** of exercise every day. You do not have to do it all in 1 go.



Try different types of exercise to find one you like.



Exercise includes things like walking to the shops and using the stairs instead of a lift.

Lower your chances of getting dementia

Be healthy so you will not get type 2 diabetes



Type 2 Diabetes is an illness where your blood gets too much sugar from the food you eat.



If you have type 2 diabetes you are more likely to get dementia.

To make it less likely you will get type 2 diabetes you can



- make sure you are a healthy weight.
- eat healthy food.
- exercise more.
- stop smoking.
- drink less alcohol.



If you have type 2 diabetes you can get better by losing weight.

Lower your chances of getting dementia

Drink less alcohol



If you drink too much alcohol it can change the way your brain works.



The most alcohol you should drink in 1 week is 1 and a half bottles of wine or 6 pints of beer.



If you drink that much in a week you should spread it out over the week and not drink it all in 1 go.



Talk to your doctor if you are worried about how much alcohol you drink.

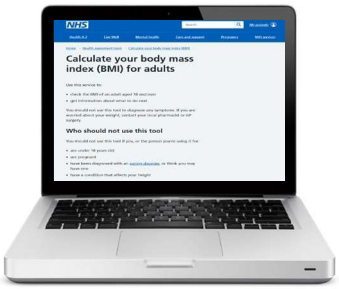
Lower your chances of getting dementia

Be a healthy weight



If you are very overweight you are more likely to get dementia

Work out your **BMI** to find out if you are overweight.

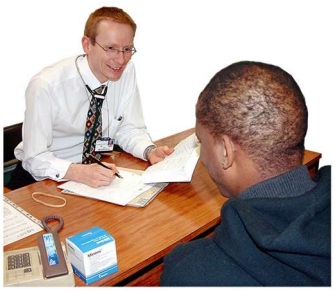


BMI stands for Body Mass Index. You can use the **NHS calculator** to work out your BMI. **https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults**



To get to a healthy weight and stay healthy you should

- eat lots of fruits and vegetables.
- join a weight loss group.
- do more exercise.



If you want more help to lose weight speak to your doctor.

Lower your chances of getting dementia

Look after your eyes



It's important to look after your eyes.



You should get your eyes tested often and get any problems treated. This will make it less likely you will get dementia.



You can book an eye test at your local opticians. It might be free or you might have to pay for it. Some people can get free NHS eye tests.
Go to **www.nhs.wales/sa/eye-care-wales** to find out if you have to pay.

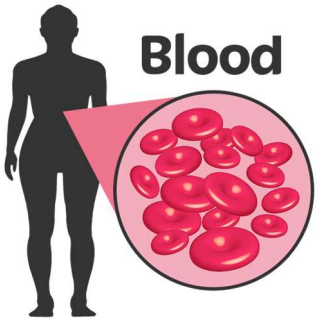


To look after your eyes you should

- eat healthy food.
- exercise often.
- keep the sun out of your eyes.

Lower your chances of getting dementia

Get help for high cholesterol



Cholesterol is a type of fat that is in your blood. There are 2 types

- **HDL Cholesterol**.
- **LDL Cholesterol**.



HDL Cholesterol is also called good cholesterol.



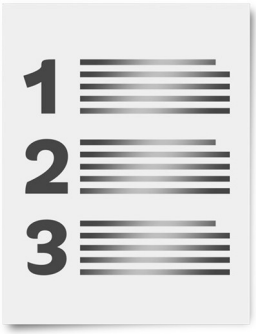
LDL Cholesterol is also called bad cholesterol.

If you have too much LDL Cholesterol you are more likely to get dementia.



Ask your doctor to check your cholesterol. If you have too much bad cholesterol they can help you make it lower.

Other organisations who can help you



This is a list of other organisations who can help you stay healthy. The blue words are links to websites. You can click on these links on a computer.

NHS

- **NHS Dementia website**
  www.nhs.uk/conditions/dementia/about-dementia/prevention/

Look after your hearing

- **Swansea Bay University Health Board Audiology**
  www.sbuhb.nhs.wales/hospitals/a-z-services/audiology/

- **Eargym**
  www.eargym.world/

- **RNID online hearing test**
  www.rnid.org.uk/information-and-support/take-online-hearing-check

Stop Smoking

- **Help Me Quit**
  www.helpmequit.wales

- **NHS Live Well**
  www.nhs.uk/live-well/

- Your **Pharmacist** can also provide help to stop smoking

- **Smoke Free**
  www.smokefreeapp.com

Look after your mental health



- **ACTivate your life**
  www.phw.nhs.wales/services-and-teams/activate-your-life

- **C.A.L.L. Helpline**
  They can give you emotional support and information about mental health.

  Phone **0800 132 737** or text the word help to **81066**.

- **Swansea Mind**
  www.swanseamind.org.uk/

- **Neath Port Talbot Mind**
  https://nptmind.org.uk/

- **Every Mind Matters**
  www.nhs.uk/every-mind-matter

- **NHS Mindfulness**
  www.nhs.uk/mental-health/ self-help/tips-and-support/mindfulness

- **Mental Health and Wellbeing Support SBUHB Directory**
  www.sbuhb.nhs.wales/hospitals/preparing-for-surgery/mental-health-and wellbeing-support/

- **Reading Well for Mental Health**
  www.libraries.wales/library-services-activities/health-wellbeing/reading-well-books- on-prescription-in-wales

- **Samaritans**
  Call **116 123**
  For help in Welsh call
  0808 164 0123
  Email **jo@samaritans.org**

- **Sorted Supported Swansea/NPT**
  https://www.sortedsupported.org.uk/

Spend time with other people and use your brain

- Adult Learning Wales
  www.adultlearning.wales
- Swansea Council Lifelong Learning
  www.swansea.gov.uk/lifelonglearning
- Powys Neath Port Talbot Adult Learning in the Community
  www.powysneathalc.co.uk
- Swansea Libraries
  www.swansea.gov.uk/libraries
- Neath Port Talbot Libraries
  www.npt.gov.uk/libraries
- Adult Learners Gower College Swansea
  www.gcs.ac.uk/adult-learners
- U3a
  swanseau3a.wildapricot.org

Look after your blood pressure

- Check your heart age (NHS)
  www.nhs.uk/health-assessment-tools/calculate- your-heart-age

Move your body more

- Swansea National Exercise Referral Scheme (NERS)
  www.swansea.gov.uk/joinNERS

- Neath Port Talbot National Exercise Referral Scheme (NERS)
  www.npt.gov.uk/parks-sport-and-leisure/sports-and-activities/npt-physical-activity-and-sport-service/national-exercise-referral-scheme-ners/

- Swansea Parks and Gardens
  www.swansea.gov.uk/parksatoz?p=2

- **Neath Port Talbot Parks and Gardens**
  www.npt.gov.uk/parks-sport-and-leisure/parks-and-outdoor-spaces/

- **Dewis Cymru**
  www.dewis.wales/home

- **Leisure Centers Swansea**
  www.swansea.gov.uk/article/7456/Swansea-leisure-and-sports-centres

- **Leisure Centers Neath Port Talbot**
  www.npt.gov.uk/parks-sport-and-leisure/leisure-centres/

- **Swansea Walking Group Directory**
  www.swansea.gov.uk/walkinggroups

- **Action for Elders Balanced Lives Activities**
  www.actionforelders.org.uk/swansea/

- **NHS Fitness Studio**
  www.nhs.uk/conditions/nhs-fitness-studio

- **parkrun**
  www.parkrun.org.uk

- **FitJacks Health and Wellbeing Programme**
  www.swanseacity.com/community/swansea-city-afc-foundation-our-projects-and-initiatives/health-and-wellbeing/fit-jacks

- **Swansea Ageing Well Activities**
  www.swansea.gov.uk/ageingwellactivities

- **NHS Live Well Sitting Exercises**
  www.nhs.uk/live well/exercise/sitting-exercises/

- **We Are Undefeatable**
  www.weareundefeatable.co.uk

- **Swansea Council Sport and Health Team**
  SportAndHealth@swansea.gov.uk

- **Neath Port Talbot Council Physical Activity and Sport Service (PASS)**
  www.npt.gov.uk/parks-sport-and-leisure/sports-and-activities/npt-physical-activity-and-sport-service/

Drink Less Alcohol

- **Alcohol Change**
  www.alcoholchange.org.uk

- **Newid Drug and Alcohol Service**
  www.newidcymru.co.uk

- **Dan 24/7**
  www.dan247.org.uk

- **Drink Free Days**
  www.nhs.uk/better-health/drink-less

- **Recovery Cymru**
  www.recoverycymru.org.uk/

Be a Healthy Weight

- **Eat Well (NHS)**
  www.nhs.uk/live-well/eat-well

- **Bwyd Abertawe –**
  Swansea sustainable food
  www.environmentcentre.org.uk/bwydabertawe

- **Food Facts (BDA)**
  www.bda.uk.com/food-health/food-facts.html

- **Healthy Start Vouchers**
  www.healthystart.nhs.uk

- **Healthy Weight, Healthy You**
  www.healthyweight.wales

- **NHS Wales BMI**
  www.111.wales.nhs.uk/livewell/bmicalculator

- **NHS Food Scanner** www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app

- **NHS Healthier Families** www.nhs.uk/healthier-families/food-facts

- **Nutrition Skills for Life** www.nutritionskillsforlife.com

Look after your eyes

- **Eye Care Wales** www.nhs.wales/sa/eye-care-wales/

- **Sight Life** www.sightlife.wales

- **RNIB (Royal National Institute of Blind People)** www.rnib.org.uk/your-eyes/how-to keep-your-eyes-healthy/looking-after your-eyes/

Treat High Cholesterol



- **Speak to your doctor**
  Ask your doctor for a cholesterol test if you over 40 and have never had one before.

British Heart Foundation

- **Understanding Cholesterol leaflet** - British Heart Foundation
  www.bhf.org.uk/information support/publications/heart-conditions/understanding-cholesterol

If you are worried about your health or about the health of someone else you should always talk to your doctor.

Tell us what you think



We want you to tell us what you think about this booklet.

Point the camera on your mobile phone or tablet at this QR code to go to our website and answer our questions.

Or go to this website **https://forms.office.com/e/AVJg8Nz6KT**

Point the camera on your mobile phone or tablet at this QR code to read this booklet on your computer or.

Or go to this website **www.dementiafriendlyswansea.org/brain-health-booklet/**



Thank you to A2i for the words
www.a2i.co.uk (reference 40958)
and Dementia Friendly Cardiff and Dementia Friendly Vale for the content

The full version of this document is called "Reduce your risk of developing dementia"

Go to www.dementiafriendlyswansea.org/brain-health-booklet to see the full version.