

### Dementia Fact sheet support for Bristol Deaf BSL users

The Bristol Dementia Wellbeing Service is working closely with Deaf BSL users and the **Centre for Deaf and Hard of Hearing** to improve the understanding and access to dementia support for Deaf BSL users in Bristol.

The information on this factsheet includes facts about dementia and where to get support if you live, or your GP surgery is in the Bristol boundary.

Some of the information links to BSL films and some is written.

### Key Information about dementia

#### BSL films about dementia – (Alzheimer's Society)

For further information please see these BSL videos that explain what dementia is, including the causes and symptoms, and how it is diagnosed and treated.

The videos also look at different types of dementia.



*Scan the QR code to open*

<https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/dementia-information-bsl>

- The word 'dementia' describes a group of symptoms that may include:
  - memory loss,
  - difficulties with thinking, problem solving or language,
  - changes in mood, perception or behaviour

These changes are usually small to start with, but for someone with dementia they have become bad enough to affect daily life.

- Dementia isn't a natural part of ageing. It occurs when the brain is affected by a disease.
- Dementia is an umbrella term, under which the most common types of dementia - Alzheimer's disease and vascular dementia - sit.
- Dementia is a progressive and life-limiting condition. This means a person's symptoms get worse over time, and the condition will shorten their life.

## Living with dementia

A BSL film for anyone who has recently been told they have dementia. This could be any type of dementia, such as Alzheimer's disease, vascular dementia or mixed dementia. It will also be useful for close friends and family of someone with dementia, as it contains information for anyone in a caring role:



### BSL Living well with dementia films (Alzheimer's Society)

<https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/dementia-information-bsl#3>

If you have been diagnosed with dementia, it is important to remember that -

- You're still you, even though you have problems with memory, concentration and planning.
- Everyone experiences dementia differently.
- Focusing on the things you can do and enjoy will help you to stay positive
- With the right help and support when you need it, many people can, and do, live well with dementia for several years.

This link below gives written examples of living well and what will help:

<https://www.nhs.uk/conditions/dementia/living-with-dementia/staying-independent/>

## What support is there for Deaf BSL users in Bristol?

### BSL film (Bristol Dementia Wellbeing Service)



[https://www.youtube.com/watch?v=hU9c\\_PIYhnU](https://www.youtube.com/watch?v=hU9c_PIYhnU)

If you live in Bristol, or your GP surgery is in Bristol you can access the Bristol Dementia Wellbeing Service: [www.bristoldementiawellbeing.org](http://www.bristoldementiawellbeing.org)

We support both people with dementia and their family or friends who support them. The website has a **BSL video** that tells you more about this:

[https://www.youtube.com/watch?v=hU9c\\_PIYhnU](https://www.youtube.com/watch?v=hU9c_PIYhnU) and an Easy Read fact sheet that also explains how the service works.



We offer a self-referral process, and a Deaf BSL culturally sensitive diagnostic process

<https://bristoldementiawellbeing.org/Information/Deaf-BSL-Users>

If you live outside of Bristol, you can contact the Alzheimer's Society to see what help is available in your area

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



In Bristol, if you or someone close to you receives a dementia diagnosis you will be able to access support from a Dementia Navigator who works for the Bristol Dementia Wellbeing Service and will offer practical and emotional support, let you know about groups and activities for people affected by dementia and direct you to other organisations that offer help.

We can refer you to Age UK who can support you with Lasting Power of Attorney forms. A Lasting Power of Attorney (LPA) is a legal tool that lets you choose someone you trust to make decisions for you. There are two different types of LPA: property and affairs LPA and health and welfare LPA. LPAs can make things easier for you and the people you are close to as your dementia progresses.

For more information on Lasting Power of Attorney:

<https://www.alzheimers.org.uk/get-support/legal-financial/lasting-power-attorney>



The Bristol Sensory Impairment Team may also be able to support you.

Bristol City Council Sensory Impairment Team provide support, advice and rehabilitation services and care assessments for people with longer term care needs. They offer both drop in and Zoom support.

For further details contact office SMS: 0777 5646671

Office Email: [sensory.impairment@bristol.gov.uk](mailto:sensory.impairment@bristol.gov.uk)

If you have a dementia diagnosis and would like to continue to be active in your hobbies and interests, we can look for a BSL Side by Side volunteer who can attend activities with you or just meet up for a chat if you prefer.

We also have specialist doctors and Dementia Practitioners who can offer medical advice about dementia symptoms and provide guidance and support as your dementia progresses.

## National support for people affected by dementia

### The British Deaf Association

Have produced a number of BSL films and written information about dementia.

#### BSL films (British Deaf Association)



<https://bda.org.uk/dementia/>

### The Alzheimer's Society

A national charity and a vital source of free support and a powerful force for change for everyone affected by dementia.

They offer numerous free publications, films (**some in BSL**) a telephone help line with text relay, an online support facility and information about help that is available and professional support workers in some parts of the country. For further information: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



## Reducing your risk of dementia

There are many risk factors for dementia. The risk of developing the condition depends on these and varies from person to person. Some of the factors you can't change such as age. But there are lots of factors that can be changed. These are mainly ways of keeping your body and mind healthy.

Keeping your body fit and well, especially your heart and blood system, helps to prevent conditions like stroke, heart disease and type 2 diabetes. A person with any of these conditions has a much higher chance of developing dementia.

Mid-life - your 40s into your early 60s - is a good time to start taking steps to reduce your risk of developing dementia. The main areas to consider are:

1. Physical activity
2. Eating healthily
3. Don't smoke
4. Drink less alcohol
5. Stay mentally and socially active
6. Take control of your health

For more information:

[Risk factors for dementia | Alzheimer's Society](#)

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