

BLOG 1 - ALZHIEMER'S SOCIETY – MEMORY WALK

Approximately 225,000 people develop dementia every year – that's the equivalent to one person every three minutes!

This September and October, Memory Walks will be taking place across England, Wales and Northern Ireland to raise money for a world without dementia.

Fortified Fortis Care Walkers will be taking part in the Memory Walk taking place in Bedford:

The walk will start in Everard Meadow, on the Southbank of River Great Ouse, the short 2km takes you around the picturesque Embankment area by Longholme Boating Lake (this route is suitable for wheelchairs and pushchairs – please note that the start area and main parking is on grass) and the 9km will also take you through Priory Country Park.

DETAILS OF WALK:

- Distance: Either 2km or 9km walk
Date: Saturday 23rd September 2018
Arrival Time: 10.00am
Start Time: 11.00am
Location: MK42 0BQ – Priory Country Park, by the
 Embankment off the Cardington roundabout



You would be most welcome to become part of the Fortified Fortis Care Walker's team or come to support and cheer us on.

Any donations or support you can provide would be **EXTREMELY WELL RECEIVED!** You can donate directly by clicking on the following link. Many thanks.

<https://www.justgiving.com/fundraising/fortifiedfortiscarewalkers>

People of all ages and abilities can join in, from grandparents to grandchildren, and even furry four-legged friends. We all walk together to celebrate loved ones affected by dementia.

With every pound we raise, we are funding new research, providing precious support to more people and bringing us closer to a world without dementia. So, we want lots of donations – every tiny bit helps!

ALZHEIMERS:

Alzheimer's disease is a progressive mental deterioration that can occur in middle or old age, due to generalised degeneration of the brain. It is the commonest cause of premature senility.

Alzheimer's disease is the most common cause of dementia. The word 'dementia' describes a set of symptoms that can include memory loss and difficulties with thinking, problem-solving or language.

These symptoms occur when the brain is damaged by certain diseases, including Alzheimer's disease. This is a progressive disease that means gradually, over time, more parts of the brain are damaged. As this happens, more symptoms develop and become more severe - and will start to include memory loss, problems with communication, reasoning and orientation.

DEMENTIA:

Many people become forgetful as they grow older. This is common and is often not due to dementia. There are also other disorders such as depression and an underactive thyroid that can cause memory problems. Dementia is the most serious form of memory problems. It causes a loss of mental ability and other symptoms. Dementia can be caused by various disorders which affect parts of the brain involved with our thought processes. This could include – please click on the relevant link below:

Alzheimer's disease

[What is vascular dementia? - Alzheimer's Society](#)

[Creutzfeldt-Jakob disease - NHS Choices](#)

[Symptoms of dementia with Lewy bodies.](#)

[What is frontotemporal dementia? - Alzheimer's Society](#)

[Huntington's disease - NHS Choices](#)

[Hydrocephalus - NHS Choices](#)

[Parkinson's disease - NHS Choices](#)



THE IMPORTANCE OF MUSIC!

Music has been known to affect those with dementia and Alzheimer's, but why it influences these patients has not always been clear – until now. Whether it's 60s soul, operatic arias or songs from shows, music can soothe, stimulate and recall long-forgotten memories. The power of music, especially singing, to unlock memories and kick-start the grey matter is an increasingly key feature of dementia care. It seems to reach parts of the damaged brain in ways other forms of communication cannot.

Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and support group:

1. Music evokes emotions that brings memories.
2. Music can bring emotional and physical closeness.
3. Singing is engaging.
4. Music can shift mood, manage stress and stimulate positive interactions.

You want to be performing things that engage, and singing is cheap, effortless and fun.

Getting a loved one with dementia or Alzheimer's to engage with music and movies may depend on which type they enjoy the most. But, the suggestions below may help (the Alzheimer's Society helped devise 'Singing in the Brain')

- ★ The Sound of Music
- ★ When You Wish Upon a Star (from Pinocchio)
- ★ Somewhere Over the Rainbow (from The Wizard of Oz)
- ★ Singing in the Rain
- ★ Lots and lots of very well-known music from the era when they were young

Listening to the favourite music of the person with dementia, may help to reduce aggressive behaviour. For example, if there is a certain time of day when the person tends to become aggressive, or if an activity, such as bathing, can lead the person to behaving aggressively, put on some music that you know they enjoy. This can help to calm and soothe them prior to bathing.

Below is a link from Alzheimers which provides suggestions for carrying out activities with the person suffering from dementia.

[Activities at Home \(PDF\)](#)