



# out&about

Wednesday 19 September

## Caring for Carers

Last month btn magazine attended the opening of the Alzheimers Cafe at the Brewhouse. In company with MP Janet Dean, the mayor and representatives of the South Staffordshire and Shropshire Health Care Trust and Staffordshire County Council, this invaluable drop-in centre was opened by Brewers manager Nigel Clough and Auctioneer Charles Hanson. It marks an important step forward in providing support for the carers of those afflicted with Alzheimers disease.

For now, for one day per month, the third Wednesday at 12.00 - 2.00pm carers can drop into the Brewhouse and will receive advice and support from professionals and fellow carers and will give all some respite from

the gruelling demands this disease places on the lives of all concerned.

Alzheimers Disease is a brain disease, characterised by lesions that gradually destroy cells in the brain. As nerve cells are affected, areas of the brain wither and become smaller. The areas of the brain that control memory, logical thinking and personality are generally the most affected. The symptoms include recent memory loss, problems with judgement, depression, anxiety, changes in personality and, eventually, delusions and hallucinations.

### Statistics

There are currently 700,000 people in the UK with dementia, 450,000 are diagnosed with Alzheimers.

There will be over one million sufferers by 2025

Two thirds of people with dementia are women

The financial cost of dementia to the UK is over £17.6 billion a year.

But family carers save the country £6.6 billion a year

Two thirds of people with dementia still live in the community.

The disease is progressive and there is no cure, but some drugs can alleviate some symptoms

Carers need more support like this. Carers frequently ignore their own needs to the detriment of their own physical and mental health. Striking the balances between independence and personal safety. Realising the Alzheimer sufferer will eventually not even recognise the faces of those they love the most, make this one of the cruellest and most random of afflictions. With the Alzheimers Cafe, there is at least some help out there.

For further information contact:

**Teresa Parsons**  
Café Co-ordinator  
Carers Association Southern Staffordshire  
Te: 07843367145 or 01785 606675

