



## The different facets of Dementia Dementia & Shoah Survivors

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**SAVE THE DATE**

Changes associated with ageing can include the slowing down of the brain and body. This is not necessarily anything to worry about, as the individual's intelligence remains unchanged, but it can take longer to process information. Memory changes may also occur, and many older people to some extent might experience forgetfulness.

Dementia covers symptoms caused by various conditions, including Alzheimer's, which involves a more severe mental decline. Abilities such as language, memory, abstract thinking and judgment can be affected to the extent that they severely disrupt a person's life. What happens when a person can no longer enjoy their hobbies or social activities or loses interest in family relationships?

**What happens particularly with Shoah Survivors experiencing dementia, when they feel their memory and weight of testimony is being challenged?**

### The Role of the Community – From the primary nucleus

### The family of a Dementia Sufferer - how to support the caregiver

The role of relatives and how our organisations can best support relatives during the dementia journey

Caring for an individual with Alzheimer's disease or a related dementia can be challenging and, at times, overwhelming for unprepared family members who become carers. Frustration is a normal and valid emotional response to many of the difficulties of being a caregiver. While some irritation may be part of everyday life as a caregiver, feeling extreme frustration can have serious consequences for the caregiver or the person they are caring for. Frustration and stress may negatively impact physical health or can cause irritation towards your loved ones. Unfortunately, we cannot simply change the behaviour of a person suffering from dementia, but we can control one thing: *how we respond to that circumstance.*

Through a workshop, we will explore some new techniques for coping with this situation.

**- How to include volunteers in the provision of dementia services & Working with community groups to deliver dementia services on a low budget**

**-Memory Training - a workshop of tested experiences – Memory Way Cafe**

## **The Montessori Approach for Dementia and Ageing**

**As used in Sam Beckman Center, Jewish Care, UK**

Usually present in Early Age Education, the Montessori system is an innovative approach to dementia care that can be adopted for individuals or groups as a philosophy of care. This approach supports people living with dementia by creating a prepared environment filled with cues and memory support that enables individuals to care for themselves, others, and their community.

**The Montessori approach enhances the quality of life for people living with dementia. It creates an environment in which individuals can do as much for themselves and others as possible, rather than having things done to or for them.**

By developing meaningful roles, routines and activities tailored to each individual, this approach allows each person to be as independent as possible and enjoy an enriched life.

Through this workshop participants will be able to understand the way to create meaningful activities and roles by:

- Focusing on the person, not the dementia
- Matching strengths and abilities with personal history
- Fostering social connections and friendships
- Developing routines that build confidence and self-esteem
- Providing cues, prompts, materials and templates to support the person's memory loss