

# Dementia

## **COVID-19**

[New support for carers when making difficult decisions for people with dementia and COVID-19](#) Researchers at University College London (UCL) have produced a decision-making guide for dementia carers so they can ensure their loved one gets the care, support and dignity they deserve if they catch COVID-19. It is a [free downloadable document](#) that helps carers work through situations, medical and legal jargon so they can make informed decisions quickly under stressful circumstances.

[The challenges for people with dementia as lockdown eases](#) Even as lockdown restrictions are lifted, the threat of coronavirus remains real and it seems unlikely that life will fully return to normal any time soon. Carers and people with dementia may still be feeling anxious and frightened, particularly if they have been shielding due to pre-existing health conditions alongside dementia.

[Coronavirus \(COVID-19\): looking after people who lack mental capacity](#)

Guidance for health and social care staff who are caring for, or treating, a person who lacks the relevant mental capacity. Updated 7 September 2020.

[Allowing visitors back into nursing homes during the COVID-19 pandemic](#) These clear guidelines seemed to have helped nursing homes across the Netherlands to enable social interaction again for their residents. Although visits were under strict scrutiny and imposed guidance, including wearing face masks, keeping a distance, length of visit and where people could meet (usually only the resident's own room), being able to see family members again had huge positive effects on residents. As visits were still restricted to the residents' rooms in most nursing homes, Verbeek et al. (2020) recommend an adaptation to the guidelines, recommending that visits can also take place outdoors, enabling a vital change of scenery.

## **Systematic Reviews**

[Dog therapy for dementia: can fluffy friends help with thinking and memory problems?](#) Summary of a recent systematic review on the effectiveness of dog therapy for people living with dementia, which suggests that animal assisted therapy may be a useful complementary treatment to help with the behavioural and psychological symptoms of dementia.

[Internet-Based Supportive Interventions for Family Caregivers of People With Dementia: Systematic Review and Meta-Analysis](#) Internet-based supportive interventions are generally effective at ameliorating depressive symptoms, perceived stress, anxiety, and self-efficacy in dementia caregivers and have potential benefits on care recipients. Future studies are encouraged to adopt personalized internet-based supportive interventions to improve the health of family caregivers and their care recipients.

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## Scoping Review

[Urgent care for patients with dementia: a scoping review of associated factors and stakeholder experiences](#) The scoping review highlights a variety of sometimes competing factors that were associated with urgent care situations. Improved and increased community support for non-urgent situations, such as integrated care, caregiver education and dementia specialists, will both mitigate avoidable urgent care use and improve the experience of those in crisis.

## Studies

[Sleep, major depressive disorder and Alzheimer's disease](#) The study found that AD may causally influence sleep patterns. However, it did not find evidence for a causal role of disturbed sleep patterns for AD.

[The Cognisance study](#) The Cognisance study will produce toolkits (guides, information and strategies) for people from the point they are given a dementia diagnosis and for the first year after the diagnosis. They are inviting people with dementia, their care partners (family and friends), health and social care professionals, commissioners and experts in the field to join a working group to collaborate with them.

[Association of Alcohol-Induced Loss of Consciousness and Overall Alcohol Consumption With Risk for Dementia](#) The findings of this study suggest that alcohol-induced loss of consciousness is a long-term risk factor for dementia among both heavy and moderate drinkers.

## Cochrane Reviews

[Personally tailored activities for improving psychosocial outcomes for people with dementia in community settings](#) Offering personally tailored activities to people with dementia living in the community may be one approach for reducing challenging behaviour and may also slightly improve the quality of life of people with dementia. Given the low certainty of the evidence, these results should be interpreted with caution.

[Aromatherapy for dementia](#) We have not found any convincing evidence that aromatherapy (or exposure to fragrant plant oils) is beneficial for people with dementia although there are many limitations to the data. Conduct or reporting problems in half of the included studies meant that they could not contribute to the conclusions. Results from the other studies were inconsistent. Harms were very poorly reported in the included studies. In order for clear conclusions to be drawn, better design and reporting and consistency of outcome measurement in future trials would be needed.

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## Reports

[‘Complicated, costly and slow’ dementia trials are delaying future treatments, Alzheimer’s Research UK warns](#) A [new report](#), from the Schaeffer Center for Health Policy & Economics and Gates Ventures, has found that current dementia trials are ‘more complicated, costly and slower’ when compared to other health areas.

### [Sleep Disturbance Forecasts b-Amyloid Accumulation across Subsequent Years](#)

- Impaired sleep is associated with a higher rate of future  $\beta$ -amyloid accumulation
- Slow-wave activity and sleep efficiency both forecast this increase in  $\beta$ -amyloid
- Sleep may serve as a marker of future Alzheimer’s disease risk and the speed of progression

## Factsheet

[Finding help at home](#) This factsheet has information about how to get support to help you to live in your own home if you are having difficulty managing. It focusses on the duties of the local authority to provide assistance, but also covers arranging care yourself.

## Advice

[Activities can provide meaningful benefits and reduce stress](#) People living with Alzheimer’s disease don’t have to give up the activities that they love. In addition to enhancing quality of life, activities can reduce behaviours like wandering or agitation and can help reduce caregiver stress.

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## News

[Does forgetting a name or word mean that I have dementia?](#)