



Covid-19

<u>Coronavirus (COVID-19): providing home care</u> Added a new document: 'Working with people in their own homes this winter'.

<u>Supported living services during coronavirus (COVID-19)</u> Added a new document: 'Working with people in supported living this winter'.

<u>Coronavirus (COVID-19): support for care homes</u> Added a new document: 'Your care home during winter'.

Coronavirus (COVID-19): looking after people who lack mental capacity Updated 'The Mental Capacity Act (2005) (MCA) and the deprivation of liberty safeguards (DoLS) during the coronavirus (COVID-19) pandemic' and 'The Mental Capacity Act (2005) (MCA) and the deprivation of liberty safeguards (DoLS) during the coronavirus (COVID-19) pandemic: additional guidance' to reflect the new national lockdown in England that began on 6 January 2021.

One in 10 UK adults say brain health has deteriorated in pandemic More than one in 10 adults in the UK (14%) believe their brain health has declined since the start of the COVID-19 pandemic, new polling by Alzheimer's Research UK has revealed, with two-thirds (66%) saying the pandemic has prompted them to think about making changes to improve their health. The news comes as Alzheimer's Research UK launches Think Brain Health, a bold new awareness campaign to empower people to keep their brains healthy throughout life and ultimately, help reduce their risk of dementia.

News

Immune system changes linked with better memory and thinking Immune cells called macrophages have been found to shut down major metabolic pathways during ageing. Restoring metabolism in these cells is sufficient to alleviate age-associated cognitive decline in mice.

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Statistics

Recorded Dementia Diagnoses December 2020 This publication includes the rate of dementia diagnosis. As not everyone with dementia has a formal diagnosis, this statistic compares the number of people thought to have dementia with the number of people diagnosed with dementia, aged 65 and over.

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Webinar



<u>Lived experience webinar about Lewy Body dementia with Christine Maddocks and Rachel Thompson</u> This is a webinar interview with Christine Maddocks and Rachel Thompson from the Lewy Body Society, about Lewy Body Dementia.







Guidance

<u>Looking after a person with dementia in cold weather</u> This easy read post highlights the fact that a person with dementia may not be able to explain how they're feeling during the cold, and what they need to maintain health and warmth, and offers practical advice to family/caregivers.

<u>Vitamin D for vulnerable groups</u> Updated: Added 'Vitamin D and care homes guidance' document.

Blog

<u>Dementia with Lewy bodies explained</u> It is the third most common type of dementia. Roughly 100,000 people in the UK are likely to be living with the condition, which means that for every 100 people with dementia, around 10-15 will have DLB.

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