

elderly vascular geriatrics  
Alzheimer's environment  
cognition early onset  
fronto-temporal research  
memory old age  
dementia  
lewy bodies support



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10 November 2021

## Systematic Reviews

[Towards conceptual convergence: A systematic review of psychological resilience in family caregivers of persons living with chronic neurological conditions](#)

Although there is agreement that resilience is important, there is a wide variety in defining and assessing it. The array of implications of resilience for well-being confirms the potential for resilience to be leveraged within caregiver health promotion initiatives via policy and practice.

[Pain Assessment for Individuals with Advanced Dementia in Care Homes: A Systematic Review](#)

The assessment of pain in individuals with advanced dementia is complex and challenging for care home staff to manage. This review highlights the current state of the evidence base in this area including the gaps in knowledge and the implications for practice.

## Research

[Human ALS/FTD brain organoid slice cultures display distinct early astrocyte and targetable neuronal pathology](#)

Researchers from the University of Cambridge have investigated the earliest stages of the neurological conditions amyotrophic lateral sclerosis (ALS) and frontotemporal dementia (FTD). They used a novel human organoid (mini brain) model which may help to better understand the underlying disease biology and will serve as a powerful tool for screening drugs to prevent or slow disease progression in the future.

[Tackling tau, scientists find local spread is how Alzheimer's progresses](#)

Findings suggest that in mid-late stage Alzheimer's, it appears to be local replication of tau that drives the most build-up, rather than spreading of the protein between brain regions. The discovery suggests that new treatments against tau could be most effective if designed to stop this replication of tau inside the brain.

## Reports

[State of Caring 2021: A snapshot of unpaid care in the UK](#)

The State of Caring 2021 report shows the longer-term impacts of managing in a very difficult environment. Carers' finances are more stretched than before. Carers' own health and wellbeing has risen to the top of their priorities highlighting the real strain carers feel they've been under.

[Alzheimer's Society comment](#)

[Supporting people with dementia and their carers](#)

The Health and Social Care committee has released a report on 'supporting people with dementia and their carers'. The report builds on previous recommendations on social care and reiterates that significant additional investment is vital for reform.

[The state of health care and adult social care in England 2020/21](#)

People with dementia or Alzheimer's disease, and those with mental health conditions, continue to report consistently poorer experiences of acute care when admitted to hospital.

[Easy read version](#)

[Alzheimer's Society comments](#)

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## Cochrane Review

[Multi-domain interventions for the prevention of dementia and cognitive decline](#)

Low evidence that multi-domain interventions can prevent dementia, but they may have a small beneficial effect on cognitive functioning in older people.

## Studies

[Kidney disease and risk of dementia: a Danish nationwide cohort study](#)

Patients diagnosed with kidney disease have a modestly increased rate of dementia, mainly driven by vascular dementia. Moreover, patients with kidney disease may be underdiagnosed with dementia due to high mortality and other comorbidities of higher priority.

[When is the best time for a person with dementia to move to a care home?](#)

This post discusses a study of a range of complex and personal factors that come into play for people with dementia and their carers when deciding the best time to move to a care home. It suggests that there is limited understanding by family carers and older people of funding arrangements or entitlements, and it often falls to the care home providers to provide information.

[Sleeping longer than 6.5 hours a night associated with cognitive decline according to research – what's really going on here?](#)

This article discusses a [recent study](#) that indicates that just like getting too little sleep, sleeping too much may also be linked with cognitive decline.

[People who eat more fish have fewer signs of vascular disease in the brain](#)

Researchers in France have found a link between eating more fish and a lower risk of vascular brain disease. The association between fish intake and blood vessel disease was stronger in people aged 65-69 compared to older people in the study, and there was no significant relationship in people over 75 years old.

[Exposure to oestrogen linked to less brain shrinkage in midlife women](#)

Exposure to oestrogen as a result of not having reached menopause, having more children and more reproductive years, and using hormone therapy and hormonal contraceptives, was associated with larger grey matter volumes in midlife women.

[Antidepressant drug doesn't improve agitation in dementia trial](#)

Researchers have found that the anti-depressant drug mirtazapine has no effect on agitation in a clinical trial in people with dementia.

[Care home staff saw long-term benefits from an intervention to help people with dementia](#)

Care home staff reported benefits from a programme called MARQUE (Managing Agitation and Raising Quality of life) two years after it was introduced.

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## Advice

[Incontinence is common in people living with Alzheimer's](#)

Many people in the later stages of living with Alzheimer's or another dementia will experience incontinence, a loss of bladder or bowel control. While incontinence may cause feelings of embarrassment, how a caregiver responds can help the person retain a sense of dignity.

[Respite care can help Alzheimer's caregivers recharge](#)

Respite care provides caregivers a temporary break while a person living with Alzheimer's continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver.

## News

[Simple 'hugging device' proven to reduce anxiety in people with advanced dementia – now available](#)

**HUG™** is a soft comforter designed to be cuddled by people with advanced dementia and has been trialled in care homes, hospitals, and with people living with dementia at home over the last three years. It has been proven to soothe, comfort and reduce anxiety - helping people who have been kept apart from their families' hugs.

[Studies link education to reduced risk of Alzheimer's](#)

The benefits of a formal education may go beyond landing a good job and continue to pay off long after retirement. Evidence has shown that formal education, like high school and college, may reduce a person's risk of developing Alzheimer's.

[New European initiative will build a collaborative platform for data and sample sharing for neurodegenerative diseases](#)

Members of the European Platform for Neurodegenerative Diseases (EPND) announced a venture to establish a collaborative platform for efficient sample and data sharing. Enhancing the research infrastructure will benefit people with neurodegenerative diseases such as Alzheimer's and Parkinson's.