

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



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8 February 2023

## Systematic Reviews

### [The impact of psychosocial training on staff attitudes towards people living with dementia: A systematic review](#)

As the prevalence of dementia increases, the need for appropriately trained and skilled care teams also increases. Staff attitudes towards people living with dementia have a significant impact on caregiving behaviours and staff and resident outcomes. Training within care settings is a potential way of improving staff attitudes towards residents in their care.

### [Rural and urban differences in quality of dementia care of persons with dementia and caregivers across all domains: a systematic review](#)

There are challenges in healthcare service delivery in rural areas, and this may be especially true for persons with dementia, who have higher needs to access to the healthcare system, and may have difficulties to commute easily and safely to these services. There is a growing body of literature regarding geographical disparities, but there is no comprehensive systematic review of geographical differences in persons with dementia across all domains of care quality.

## Studies

### [Circulating cardiac biomarkers, structural brain changes, and dementia: Emerging insights and perspectives](#)

Diseases of the heart and brain are strongly linked to each other, and cardiac dysfunction is associated with cognitive decline and dementia. This link between cardiovascular disease and dementia offers opportunities for dementia prevention through prevention and treatment of cardiovascular risk factors and heart disease. Increasing evidence suggests the clinical utility of cardiac biomarkers as risk markers for structural brain changes and cognitive impairment. We propose the hypothesis that structural brain changes are the link between impaired cardiac function, as captured by blood-based cardiac biomarkers, and cognitive impairment.

### [Evaluation of an educational program for people with dementia and their caregivers](#)

This study evaluated the impact of a 5-week educational and supportive program for people newly diagnosed with dementia and their caregivers.

### [The impact of depression on language function in individuals with Alzheimer's disease: a pre/post-treatment design](#)

It is uncertain whether depression might affect cognitive function in Alzheimer's disease (AD). Most of studies on the effect of depression treatment on cognitive function in AD were briefly evaluated by Mini-Mental State Examination (MMSE). MMSE is poor sensitive to detect cognitive change. This study examined the cognitive response to depression treatment in AD via multi-domain assessment. In addition, we explored whether effect of depression treatment in AD is different those of late-life depression (LLD).

### [Association of dementia comorbidities with caregivers' physical, psychological, social, and financial burden](#)

Informal caregivers of older adults with dementia may experience substantial burdens during their caregiving process, especially when caring for older adults with other comorbid conditions. This study evaluated whether and how comorbidity burden for persons with dementia (PWD) was associated with caregivers' physical, psychological, social, and financial burden as well as caregiving gain.

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### [Transitions: Experiences of younger persons recently diagnosed with Alzheimer-type dementia](#)

Receiving a diagnosis of dementia before the age of 65 has a huge impact on everyday life. Previously, the disease trajectory has mainly been described from the perspective of older persons. However, young persons with dementia are confronted with specific challenges, influencing the type of life-changing events, or 'critical points' that they may experience. The aim of this study was therefore to describe experiences of persons recently being diagnosed with young-onset dementia.

### [Observations on strategies used by people with dementia to manage being assessed using validated measures: A pilot qualitative video analysis](#)

Analysis of video data was conducted of validated assessments with people with dementia as part of a feasibility control study comparing a lifelong learning service with other dementia services.

### [Dementia prevention in memory clinics: recommendations from the European task force for brain health services](#)

Observational population studies indicate that prevention of dementia and cognitive decline is being accomplished, possibly as an unintended result of better vascular prevention and healthier lifestyles. Population aging in the coming decades requires deliberate efforts to further decrease its prevalence and societal burden. Increasing evidence supports the efficacy of preventive interventions on persons with intact cognition and high dementia risk. We report recommendations for the deployment of second-generation memory clinics (Brain Health Services) whose mission is evidence-based and ethical dementia prevention in at-risk individuals.

## Cochrane Reviews

### [Cognitive stimulation to improve cognitive functioning in people with dementia](#)

Cognitive stimulation (CS) is an intervention for people with dementia offering a range of enjoyable activities providing general stimulation for thinking, concentration and memory, usually in a social setting, such as a small group. CS is distinguished from other approaches such as cognitive training and cognitive rehabilitation by its broad focus and social elements, aiming to improve domains such as quality of life (QoL) and mood as well as cognitive function.

Recommended in various guidelines and widely implemented internationally, questions remain regarding different modes of delivery and the clinical significance of any benefits.

## Publications

### [Dementia and Hope: Our vision for dismantling the barriers which disable a million people in the UK](#)

There will soon be over a million people living with dementia in the UK – and each and every one of them is disabled, not only by the symptoms and challenges of the condition itself, but by many unnecessary societal and environmental barriers. While others are working on treatments and cures which may help those affected in the future, we are committed to tackling the non-medical barriers they face in the here and now. We believe that we all have the power to change or minimise these barriers, by making adjustments both to the physical environment, and to our attitudes and behaviours, and by adopting a rights-based approach. And we know that we can do this – if we all work together.

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## Research Involvement

[Why people deserve to know about dementia research opportunities](#)

Giving a dementia diagnosis is hard, but research offers patients something positive. In this video, researchers, healthcare professionals and people affected by dementia explain what Join Dementia Research is and why all patients deserve the right to know about research.

## Public Advice

[Seven tips for handling difficult conversations](#)

Sometimes family members have different opinions about how their loved one should be cared for. This may make it hard to reach a joint decision about the best care options for the person with dementia – now or in the future. Making important decisions about the person's care might involve having difficult conversations with other family members. With the help of dementia specialist Admiral Nurse Vic Lyons, we have put together seven tips to help you have these tricky conversations.

## Blogs

["I Miss My Mom": Olympic Hockey Player Shares What It's Like to Love a Parent Battling Alzheimer's](#)

Olympic Gold & Silver medalist, ESPN & NBC sportscaster AJ Mleczko Griswold is taking her determination off the ice and putting it toward the fight to end Alzheimer's for her mother, who was diagnosed seven years ago at the age of 69.

## News

[Six lifestyle choices to slow memory decline named in 10-year study](#)

A combination of healthy lifestyle choices such as eating well, regularly exercising, playing cards and socialising at least twice a week may help slow the rate of memory decline and reduce the risk of dementia, a decade-long study suggests.

[UK dementia care agency's half-hour home visits 'lasted as little as three minutes'](#)

A dementia home care agency spent as little as three and a half minutes on taxpayer-funded care visits and filed records claiming far more care was given, according to evidence seen by the Guardian.

[Heart conditions before 60 linked to memory and thinking problems in later life](#)

A team of scientists in the US have found that people who had heart conditions in middle-age were more likely to have memory and thinking problems in later life. Researchers say that keeping a healthy heart in early adulthood may delay the onset of cognitive decline and can help maintain brain health during our lifetime.

[Photographer Bunshri Chandaria launches artist book depicting dementia experience at museum event](#)

On Sunday 29th January 2023, celebrated photographer Bunshri Chandaria is launching Silent Voice, an artist book which depicts a photographic exploration of dementia, at an event hosted by St Alban's Museum and Gallery. The book launch event will include an artist in conversation discussion with publisher Eddie Ephraums and a multi-media installation designed to break the stigma so often attached to dementia.

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## [Government Action on Major Conditions and Diseases - Statement made on 24 January 2023](#)

Statement made by Steve Barclay, Secretary of State for Health and Social Care.

### [An exciting new DEEP group in Warrington starting in March](#)

Still Me is a new local initiative, supported by Warrington Speak Up, aiming to strengthen the voices of people living with dementia in Warrington.

### [Rainbows are good for brain health](#)

Older women and men who eat foods high in flavonols, the compounds found in many fruits, vegetables, tea and wine, have slower declines in memory skills as they age, according to a new report. The findings add to growing evidence that consuming a rich array of these healthful plant compounds is good for the brain and may even help to lower the risk of developing Alzheimer's disease.

### [Go for the green](#)

Spending time in green spaces may be good for the brain, according to a new report. The study found that older men and women who were admitted to the hospital were less likely to have Alzheimer's disease if they lived in areas with lots of greenery compared to those who lived in less green neighborhoods. The findings expand on earlier evidence that greenery and nature are good for your health, including the health of the brain.

### [Three or more concussions linked with worse brain function in later life](#)

Experiencing three or more concussions is linked with worsened brain function in later life, according to [new research](#).