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**Never doubt that a small,
group of thoughtful,
committed people can
change the world. Indeed, it
is the only thing that ever
has.**

Rural Dementia Issues

- Loneliness and isolation
- lack of transport
- broadband connectivity issues
- inability to access health and social care
- inadequate living conditions
- Poverty
- No sense of community (like it use to be) incomers.
We want to be part and included in our communities
- The lack of appropriate services in rural communities makes life more difficult for people with dementia and those who care for them.

Dementia National Data

- There are approximately 850,000 people in the UK with a form of dementia and this figure is predicted to soar to about 2 million by 2051
- 1 in 3 people over the age of 65 will develop dementia
- About 225,000 people will develop dementia this year (that's one every three minutes)
- 1/3 of people with dementia live on their own in the community
- 1 in 4 beds in N.H.S taken by person living with dementia

COVID Dementia Research

- The Alzheimer's Society COVID-19 study 2020 who surveyed, 2,000 people living with dementia and their carers during lockdown and isolation; it found that 82% of those respondents reported deterioration in their symptoms. Of those 82%, around half reported increase memory loss and difficulty concentrating, more than one in four (27%) said reading and writing had become more difficult and one in three said they had difficulty speaking and understanding speech. More than a quarter (28%) had seen a loss in the ability to do daily tasks, such as cooking and dressing. (Alzheimer's July 2020).

N.A.L.C Dementia Friendly Communities Guide 2020

- This guide has been produced in response to the National Association of Local Councils (NALC) 2020 Dementia Survey undertaken by local (parish and town) councils. NALC has worked collaboratively with Plymouth University Faculty of Medicine, Dentistry and Allied Health in its production.
- Throughout 2020 the effects of COVID-19 have challenged all statutory and voluntary agencies to examine how they offer support and guidance to individuals living with dement and their families



What Parish and Town Council have done and can Do

To set up a dementia awareness session in the village or Town.

Businesses too have become involved; all of the staff at the local garden centre are Dementia-Friends as is the staff at our local Village Stores, Chemist and Hair Salon.

A council has upcycled a redundant telephone kiosk by converting it into a Dementia-Friendly Information Hub



Rural Parish and Town Councils

- Research indicates that where local councils, rural communities and community organisations have proactively engaged in providing support to reduce isolation, loneliness, stigma and despair experienced by people living with dementia and their families this impacts positively on their health and wellbeing. COVID-19 has further exacerbated these issues.

Remember

One Size Doesn't Fit All

