



**run by people with dementia**

# Dementia and visual difficulties: a neglected issue

# What to look out for

- Opticians finding nothing wrong
- Falling over
- Furniture walking
- Trouble crossing the road
- High-stepping over shadows
- Difficulty going down stairs
- Changes in the way someone scans a room
- Changes in reading and other habits
- Unexplained bruising
- Misinterpreting reflections in mirrors
- Restlessness

# What can you do to help

- Recognise person is having problems with their vision
- Ask what you can do to help
- Give person enough time
- Make sure spectacles are still worn
- Increase lighting and contrast
- Provide stability (i.e. sturdy furniture)
- Think about rearranging clothing and wardrobe
- Keep person safe

# Further Information

- Jones G, Eerden-Rebel W, and Harding J (2006) Visuoperceptual-cognitive deficits in Alzheimer's disease: adapting a dementia unit. In Miesen, B and Jones, G eds (2006) *Care Giving in Dementia: research and applications*. Vol. 4. pp. 3-59
- Thomas Pocklington Trust (2009) People with dementia and sight loss: a scoping study of models of care. Research findings available to download from <http://www.pocklington-trust.org.uk/research/projectname/modelsofcare>
- RNIB (2008) *UK Vision Strategy*. Available to download from <http://www.vision2020uk.org.uk/ukvisionstrategy/page.asp?section=32&sectionTitle=UK+Vision+Strategy>



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# Fatigue

# Things our members have said:

I was either full of energy or unconscious and could drop like a stone.

Sometime it was like seeing or hearing things through a fog.

In just a short period you can range from being full of energy to unconscious

It is a debilitating tiredness.

Your batteries go flat- there is no warning you just dive-bomb

I felt that someone had pulled the plug on me

I feel too exhausted to eat



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