

# Case studies

## 1 Risk reduction and delaying onset

Dave is a 55 year old man who has a family history of dementia. He lives alone and enjoys playing football once a week. He smokes and drinks occasionally. He's concerned that he may develop dementia in the future.

## 2 Raising awareness and understanding

Eleri has been recently diagnosed with dementia. She's starting to get more nervous when she's out doing her shopping as she sometimes forgets things or gets confused. She's starting to avoid going out although she misses the chats she used to have with people. Her daughter has started to pop in to see her more often, but she works full time and has a young family so she's worried about how to manage everything.

## 3 Recognition and identification

Sion is worried about his partner Bill who has a family history of dementia. He thinks Bill is starting to develop symptoms but Bill won't talk about it as he's worried about what will happen next.

## 4 Assessment and diagnosis

Mair has just been to the GP because she's worried about her memory. The GP has referred her for some tests although said it could take a long time to find out what's happening.

## 5 Living as well as possible for as long as possible with dementia

Clive has been living with dementia for a couple of years. He loves the outdoors especially cycling and climbing. Lately he's struggling more to get out and about and is feeling low. His wife has been looking for activities he'd enjoy but is struggling to find something appropriate, which means she is starting to feel isolated too.

## 6 The need for increased support

Sheila is a first language Welsh speaker who has been living with dementia for a few years. Last week she fell over at home and broke her hip. An ambulance came and took her to hospital. She wants to go home as soon as possible but it's not clear she'll be able to cope at home by herself now.

## 7 Supporting carers

John has been caring for his mum who is living with later stage dementia. He is increasingly struggling to cope so he arranged for his mum to spend a week at a local care home so he could have a break. On the second day he got a call from the care home to say that they couldn't cope and asked him to collect his mum.