

PREVENTION
IS BETTER
THAN A CURE

LEVEL 1 (PRE DEMENTIA)

Findings suggest, 35% of dementia may be attributed to a combination of 9 modifiable risk factors

- Midlife hypertension & obesity • Hearing loss
 - Late life depression • Social Isolation • Diabetes
 - Physical inactivity • Smoking • Early education building cognitive reserve
- Other Factors may include: sleep disorder, head injury, exposure to air pollutants

LEVEL 2 (MCI)

Approximately 21% cases of MCI progress to dementia which may be potentially preventable

- Consider: Diabetes, metabolic syndrome, non mediterranean diet, lower serum folate concentrations, mental health factors.
- Other factors may be: social isolation, hearing loss

LEVEL 3 (LIVING WITH DEMENTIA)

Interventions which may help people live better & reduce unnecessary admission to hospital/care home

- Timely diagnosis • Cognitive stimulation therapy, training & rehabilitation
- Environmental adaptations • Assistive Technologies
- Communication, engagement & Person Centred Care
 - Medication (moderate effect)
- Optimal end of life care • High intensity exercise
 - Safeguarding & capacity assessment
- Optimising hearing & sight • Sensory stimulation
 - Carer support, education & CBT
 - Staff Education

Other Factors: Dementia capable communities; reduce stigma, accessible transport, networks of support, horticultural care