

Dementia, Carers & Wellbeing

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Wellbeing Manager



We exist to support the health and wellbeing of current and former bank employees, and their families.

Independent

We're entirely independent of the banks.

About us

Advice & support

We provide information, advice and support.

Free & Confidential

Our services are free and confidential.



Dementia



Set of symptoms

- memory
- language
- behaviour

4 main types of dementia

- Alzheimer's disease
- Vascular dementia
- Dementia with Lewy bodies
- Frontotemporal dementia

Disease **damages nerve cells** in the brain

If you start to experience symptoms – **see a GP**

Being a dementia carer



Recognition

Embrace the label of being a carer. There are benefits.

Differences

Dementia is unpredictable and progressive.

Grief and loss

Dementia changes relationships. It's normal to have mixed reactions.

“To me it is a **disease** that invades your loved one so completely – mind, body and soul

– that you are left with a faded Polaroid when there used to be full colour.” Marianne Jones, The Times

Case study

How it started...

Sophia lives with her partner Mia, who was diagnosed with **dementia** right before the pandemic. Sophia **works full time** for a bank as well as **supporting Mia** 24 hours a day. Amongst other things Sophia prepares all their meals, reminds Mia to take her medication and generally cares for her to make sure she is safe. She gets a few hours of **respite** per week.

At the end of last year on one typical working day, Sophia ended her Teams Meeting and went downstairs to prepare lunch. She discovered Mia had **left** without her knowing but thankfully found her down the road in their local park, which they frequently visit. Mia could not remember her way home.

Now Mia's condition has **progressed** and she requires **more care**. It's been hard on them both and their relationship. Mia often becomes frustrated and agitated. Sophia feels beyond exhausted, sometimes feels a bit numb and feels waves of grief at times.

Sophia is exploring **reducing** her hours at work. In her last discussion with her line manager, they suggested she call **BWC**.

Case study

What happened next?...

The caseworker was able to support Sophia at her **own pace**.

Referral to **local carers organisation**.

Support with **benefit applications**.

Provide **practical** information.

Access to **counselling**.

Referral for care needs and carers **assessment**.



The way you make someone feel

Redirect instead of reason, ask, reminisce.



Activities that are calming

Singing can help people feel calmer and reduce isolation.



Simples aids around the house

Motion sensor lights. Pulling a curtain across a door.



Join your local carers organisation

Access free services and join a community.



Prioritise self-care

Respite and breaks are a necessity.



Maintain daily movement

Move your body in a way that releases stress.

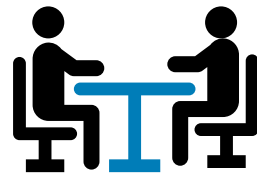
NHS Health Check

Designed to spot early signs of dementia.



Socially Active

Being socially active, lowers the risk of developing dementia later in life.



Quality Sleep

A good quantity and quality of sleep is beneficial for brain health.



Support



**Dementia UK &
Alzheimer's Society**



**Workplace
Support**



**Local carers
organisation**



**Assessments through
local council**

Contact BWC

Call us 0800 0234 834

Talk to us via LiveChat (available on our website)

Send us a message <https://www.bwcharity.org.uk/contact-us>

Email me heena.kang@bwcharity.org.uk

 www.bwcharity.org.uk

 bwcharity

 Bank Workers Charity

 @bwcharity

How we can help – self service



Interactive tools

Your stress check

The purpose of this questionnaire is to check if stress is having a negative effect on you. We use questions health professionals use to check for anxiety and depression, the most common outcomes of prolonged stress.

When you're answering the questions, think about how you've been feeling over the past two weeks. When you finish the test, we'll give you your results as well as personalised advice to help you take action today.

[BEGIN YOUR STRESS CHECK](#)

Resilience Check

All of us have the capacity to face difficult events and carry on but for some of us this feels harder than it should. Learning to understand your resilience, recognizing where it is weak and taking steps to build it will help you manage stressful situations better.

Take a few minutes and find out how resilient you are, the areas you should improve and how you can improve them.

You will be presented with 5 screens each with 5 statements, read each statement then indicate how much you feel that statement applies to you.

[START RESILIENCE CHECK](#)

Financial Resilience Check

Financial resilience is about having the ability to withstand a sudden shock to your finances.

This short test will help you find out whether you're financially resilient and will provide you with practical guidance to deal with any issues that are identified.

You'll be presented with five questions and when you've answered them you'll receive personalised advice to help.

[START](#)

Guides and action plans

A guide to stress

STRESS / GUIDES

In small doses, stress can help you rise to the challenge. But too much of it can damage your body and your mind.

[EXPLORE OUR GUIDE](#) [MAKE A PLAN](#) [Call us 0800 0234 834](#)

Find out more about stress

In this guide to stress, we give you a short and easy-to-read introduction to stress, its symptoms and causes. Learn about it so you can better deal with stressful situations.

What is stress?

There's no universally agreed medical definition of stress, at its most simple, stress is your body's physical response to mental or emotional pressure. Our jobs, relationships, family life or trying to manage a household budget can all add to our levels of stress.

33% of UK workers routinely experience sleepless nights due to stress.

www.bwcharity.org.uk

Apps

Workfriend from **renovo**

Available on the **App Store**

GET IT ON **Google Play**

 **my possible self**

