

## Public Advice

### [Your expert guide to Living with Dementia](#)

Mersey Care were contacted by the Mail on Sunday and asked to provide our opinion for a four page pull out, expert guide to living with dementia. The feature includes the different types of dementia, treatments, lifestyle changes and advice on speech and language and swallowing difficulties and advice on how to live well with a diagnosis.

## Blog

### [I treat 20-year-olds with dementia. These are the early warning signs](#)

Under-65s can wait twice as long for a diagnosis, with symptoms often mistaken for stress or burnout.

## News

### [Menopause linked to Alzheimer's-like brain changes](#)

The menopause is linked to changes in the brain similar to those seen in Alzheimer's, according to a large UK study. In the study, published in the journal [Psychological Medicine](#), hormone replacement therapy (HRT) use did not appear to prevent the grey matter loss.

### [Seeing the same GP for people with dementia can save the NHS money](#)

Better continuity of care with GPs for people with dementia who are in their final year of life can save the NHS money, according to new research from academics at the Cicely Saunders Institute, part of the Faculty of Nursing, Midwifery & Palliative Care at King's College London.

### [7th Liverpool Dementia & Ageing Research Conference, 3 March, Liverpool](#)

This year's Conference theme focuses on "Innovations in dementia care". The Conference is open to academics, students, health and social care professionals, Third Sector representatives, funders, commissioners, and people living with dementia and unpaid carers.

### [Dementia Disco: free discos for people with dementia](#)

Dementia Disco was founded by Kate, Nick and Phil who all had family members living with dementia. Kate and Nick's dad was only 66 when he was diagnosed with Alzheimer's disease and they found that the dementia groups in his area focused on music from previous eras which meant little to him.

### [Hearing Aids May Lower Your Alzheimer's Risk](#)

Hearing aids may lower your risk of Alzheimer's disease. Researchers in Australia found that while the assistive devices did not appear to boost memory and thinking skills in people with moderate hearing loss, being prescribed hearing aids was associated with a lower risk of developing Alzheimer's disease and other forms of dementia.

### A Hidden Danger for People With Alzheimer's: Excess Medications

One in four older Americans with Alzheimer's disease are prescribed risky medications they may not need, according to a new report. The drugs put them at increased risk of falls, disorientation and hospitalizations and may increase the risk of premature death.

### Could an MRI scan detect Lewy body dementia sooner?

A new study will be using brain scans to potentially detect areas of the brain that are affected by Lewy body dementia to help spot the disease sooner.

### New findings highlight the importance of understanding experiences of older people living with dementia

To improve care, researchers studied older people with dementia living at home. They found that people with dementia valued formal caregivers who showed authentic emotional care for them. Findings also suggest that formal care services can lack understanding and connection to people with dementia in their everyday lives. It also found that informal carers, for example family and friends, often provide more appropriate care. This is because they better understand the person's needs and how to meet them.

### Challenge your brain (even on the train)

This travel-themed puzzle has been created with artist Chris Bishop and launched with support from Great Western Railway. In this picture, 40 train stations are hidden in visual clues. How many can you find?

### Look after your brain health one page at a time

Reading helps you stay sharp because it supports the development of cognitive reserve, which is the brain's ability to keep functioning even when affected by diseases such as Alzheimer's.

### Reading was the key to breaking through the fog of my parents' dementia

It was hard to communicate with my mother or father, until reading a book out loud led to a discovery.

### People living with dementia kept in hospital unnecessarily

Almost a third of people aged 65 and over who are fit to be discharged but are kept in hospital for at least three weeks longer than necessary are believed to have dementia.