

The Journal of DementiaCare

For all who work with people with dementia

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What is dementia and how big a problem is it? 16

Dementia is not the big and expensive problem that has often been portrayed, say Jill Manthorpe and Steve Iliffe. In the second article of their series they argue that social support and dementia prevention may be a more sensible investment than seeking cures.

Engaging mealtimes: a chef's perspective 18

Peter Morgan-Jones has cooked for the royal family so he knows what a good plate of food looks like. But how do you awaken appetite in someone who is losing interest in food? Here he gives a few tips.

'Soul journey' to feelings of renewal and fulfilment 20

"Soul Journey" is a film and exhibition project that aims to shatter common stereotypes and celebrate the creativity of people affected by dementia. Jeff Turner describes how the journey began and where it has led.

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Watching her Grandad's face light up in the presence of her cousin's daughter gave Rhiannon Lane the idea for a project – to bring adults with dementia and pre-school children together in creative and fun activities.

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Life story work that brought wide benefits 26

A life story work project in an Essex NHS Trust both facilitated reminiscence and had much wider benefits in supporting people to live well. Steve Wood, Mary Kennedy and Peter Martin report on the findings of their study.

Digital technology and dementia: changing lives 29

Learning how to use digital technology can help people with dementia live more positive lives with memory loss. Tom French discusses key findings from a study showing how new "tech" can maintain mental activity and communication with family and friends.

Dementia: there are so many apps for that... 32

Digital technology is changing the world, but is it doing the same for people with dementia? Phil Joddrell and Arlene Astell argue that it can, so long as tablet computer "apps" are adapted so that everyone can enjoy using them.



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