



Understanding Dementia

Choosing Dementia Care
with Confidence

A free guide to understanding dementia,
choosing a care home and supporting your
loved ones with confidence.



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What is dementia?

Dementia is a journey that affects not only individuals but entire families.

Dementia is not a single disease but a group of conditions affecting the brain. There are many different types, subtypes and causes of dementia.

This guide helps you understand the different types of dementia, the benefits of care homes with dementia care available and how Caring Homes supports residents and their loved ones every step of the way.

The most common types of dementia include:



Alzheimer's disease



Dementia with
Lewy bodies



Mixed dementia



Parkinson's disease
dementia (PDD)



Vascular dementia



Frontotemporal
dementia



Huntington's
disease



Alcohol related brain
damage

“Dementia is not just memory loss – it affects how people think, feel and interact with the world.”

Each type has its own symptoms, but all forms of dementia affect memory, decision making, communication and behaviour over time.

Early signs can include confusion, forgetting names or dates and struggling with familiar tasks.

Understanding the specific type of dementia is important in providing the right care and support - something that care homes like those offered by Caring Homes focus on every day.



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Why choose a care home that provides dementia care?

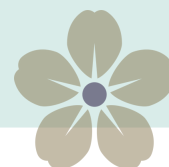
As dementia progresses, day-to-day support often becomes more complex.

Caring Homes provides person-centred dementia care in homes across England and Scotland, delivered by trained teams

who understand how to support every stage of the condition.

Choosing a care home that provides dementia offers several advantages:

- ✓ 24-hour personalised support
- ✓ Dementia-friendly environments
- ✓ Trained staff
- ✓ Activities and routines
- ✓ Peace of mind for families



982,000

people are estimated to be living with dementia in the UK*



*source: dementiastatistics.org







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A supportive and stimulating environment

Caring Homes' care homes which provide dementia care are designed to reduce anxiety and support confidence for both the resident and family.

Our Environments include:

-  Clear, dementia-friendly signage
-  Safe spaces for movement and calm
-  Comfortable communal areas
-  Daily activities to stimulate memory and enjoyment

Social engagement plays a huge role in improving wellbeing. Residents are encouraged to build connections, enjoy hobbies and stay active - physically and mentally.

Families are also supported through open communication, care planning and emotional guidance every step of the way.



“Routine helps maintain independence and confidence in those living with dementia.”



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Support for Families: The Dementia Hub

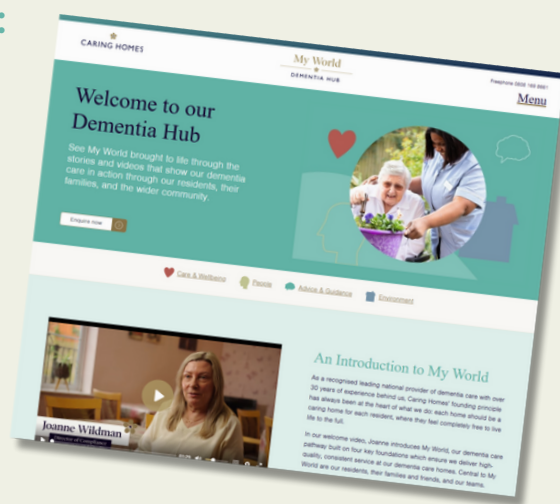
Support that goes beyond care

Support doesn't stop with residents. Families are a vital part of the care journey. Knowing your loved one is in expert hands brings

great reassurance and the opportunity to focus on making special moments together.

Caring Homes offers expert guidance through the Dementia Hub, a free online resource with:

-  Informative videos
-  Family advice
-  Insight into daily life in a care home
-  Stories from residents and care teams



VISIT: www.caringhomes.org/dementia-hub

Leading the way

At Caring Homes, we believe that great dementia care begins with great training and we're fortunate to have Christine Elsley, our expert Dementia Trainer, leading the way.

Christine delivers practical, ongoing training to our care teams and hosts community sessions where families and local residents can better understand dementia, behaviours and how to support loved ones.

Her sessions explore everything from recognising symptoms across dementia types to the power of positive communication and family involvement.

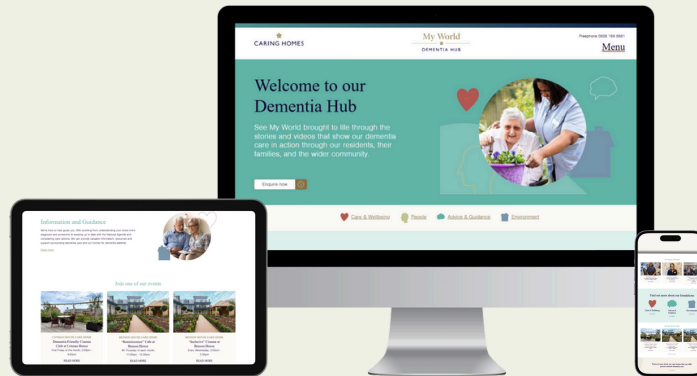


 Explore upcoming sessions near you: www.caringhomes.org/dementia-hub/events

Useful links and resources

You're not alone: Trusted support organisations

Caring Homes - Dementia Hub



www.caringhomes.org/dementia-hub

Other resources



Alzheimer's Society (UK)

www.alzheimers.org.uk

Practical advice, support lines and research updates.



Dementia UK

www.dementiauk.org

Access to Admiral Nurses, helplines and care advice.



Age UK – Dementia Support

www.ageuk.org.uk

Information and guidance for older people living with dementia.



NHS Dementia Guide

www.nhs.uk/conditions/dementia

Official medical advice and care pathways.

For more information about which of our care homes provide dementia care near you, please visit our website:

www.caringhomes.org



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