

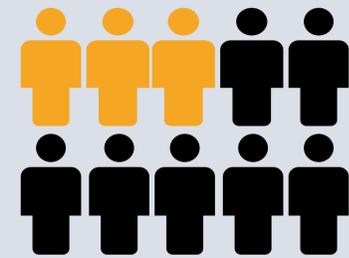
The health service use of people living with less common types of dementia

This fact sheet is for people living with dementia. It provides information on:

- the main reasons that people living with less common types of dementia are admitted to hospital in New South Wales, and
- how to avoid hospital admissions.

Types of dementia

Some types of dementia are more common, like Alzheimer's disease and vascular dementia. Other types of dementia are less common, like frontotemporal dementia and alcohol-related dementia. Some of the less common types of dementia are linked to a primary diagnosis such as Parkinson's disease dementia.



30% of people with dementia have a less common type.

Reasons for hospital admissions

People living with less types of common dementia are most likely to be admitted to hospital for:

- Health management and rehabilitation
- An injury or poisoning (e.g. broken hip)
- Problems related to breathing
- Problems with their brain, spinal cord and nerves

Key point

People living with less common types of dementia go to hospital for many reasons.

Recommendations

- Ask your GP or a health professional about ways to prevent injuries and poisonings.
- Use a home safety checklist to identify hazards in your home.
- Use safety equipment at home. For example, personal alarms and isolation switches.
- Ask your pharmacist to help with medication management.
- Contact the National Dementia Helpline on 1800 100 500 for advice.

Multiple health problems

People living with less common types of dementia who go to hospital for one reason, often have other health problems too. The most common health problems are:

- High blood pressure
- Other problems with their brain, spinal cord and nerves
- Dehydration
- Heart problems

Key point

People living with less common types of dementia who go to hospital often have other health problems. They need access to coordinated care to meet their health needs.

Recommendations:

- Drink plenty of water
- Tell someone right away if you experience sudden severe headaches, dizziness or tingling in your body. These may be related to a serious health problem. Seek medical help.
- Have an annual health check with your GP.

Reasons for mental health hospital admissions

The main reasons that people living with less common types of dementia are admitted to mental health services in hospital are:

- Delirium: a medical condition that causes a sudden disturbance in the persons ability to think clearly and pay attention.
- Mood disorders: when a person's mood is too low or too high.

Key point

Hospital mental health services need to meet the needs of people living with less common types of dementia.

Recommendations:

- Talk to close family or friends about how you feel.
- It can help to talk to a health professional if you are often sad or worried.
- Physical and mental health are related. Exercise regularly and eat a healthy diet to look after your body and your mind.

For more information and resources related to the health of people living with dementia, go to <https://dementia.org.au/>

The information in this fact sheet is based on research conducted by the Department of Developmental Disability Neuropsychiatry (3DN) at UNSW Sydney. For more information about 3DN's research project go to: <https://www.3dn.unsw.edu.au/projects/using-big-data-understand-health-status-service-use-and-service-pathways-people-less-common-types-dementia>

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