



Alan Johnston – Care Home Director

PRESS RELEASE

**“Stimulation before Medication”
advises Care Home Director**

A concerned Care Home Director has spoken out following yesterday's news about the worrying rise of NHS prescribed anti-psychotic drugs for Dementia patients in homes, hospitals and care homes, explaining that *“by focusing on patients as individuals and ensuring they are kept stimulated and active, anti-psychotic medication for most people with dementia can be avoided.”*

Recent expert reviews commissioned by Ministers deemed the prescription of anti-psychotic drugs, originally aimed at people with schizophrenia, unnecessary in 150,000 of the 180,000 cases of dementia and linked the medication to 1,800 deaths. The increasing allocations by the NHS has been a result of the struggle to cope with the rise in people with dementia.

Alan Johnston, Director of Reside Care Homes, which specialise in caring for people with Dementia or confusion in Christchurch and Southbourne explains;

“Maintaining a person's individuality is key to providing quality care. Behaviours that can be deemed challenging are managed by allowing time to express feelings and needs and to ensure staff are trained and experienced in using techniques to divert and relieve situations that may cause anxiety.”

“By ensuring our clients are kept stimulated and active we avoid use of anti-psychotic medication for most residents with dementia. In the small number of cases in which our GP recommends the use we monitor and report any adverse affects, including excessive drowsiness and inactivity and involve relatives in all decisions made.”

There are currently 700,000 people in the UK with the condition, but this is expected to rise to one million in the next 10 years because of the ageing population.

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www.residecarehomes.co.uk