

3<sup>rd</sup> International Conference on

# Depression, Anxiety and Stress Management

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## David Truswell

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### **Depression, anxiety and isolation the experience of living with dementia for UK migrant and minority ethnic communities**

It is often assumed that the families of those living with dementia in UK migrant and minority ethnic communities 'look after their own' when faced with supporting someone living with dementia. Yet often carers are ill-prepared for supporting elders with dementia. Community understanding and support may be missing due to stigma about the illness. Carers themselves are often at risk of depression and anxiety, usually not seeking help until the point of their own physical or mental health breakdown. The presentation examines the need for a systemic rethink of the dementia pathway for those from migrant and minority ethnic communities.

#### **Biography**

David Truswell has worked in the Community based Mental Health Services in the UK for over 30 years developing services for people with complex care needs and enduring mental health problems. From 2009-2011, he was the Dementia Implementation Lead for Commissioning Support for London, working with commissioners across London to improve dementia services. He is the Chair of the Dementia Alliance for Culture and Ethnicity, a grassroots alliance of dementia organisations. He recently left the NHS to set up *somefreshthinking*, an independent health sector change management consultancy.

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