

Living with Dementia in London 2023

CASE STUDY

Mrs Mendosa

Mrs Mendosa is a 72-year-old woman who lives in London with her husband. She has recently been diagnosed with dementia and is struggling to accept the changes it has brought to her life. She finds it difficult to remember things and is often confused and anxious.

Her husband is her primary source of support, but he is finding it increasingly difficult to cope with her changing needs. He worries about her safety and struggles to provide the care and support she needs.

The family is also struggling financially. Mr Mendosa goes to work for a few hours each day but is worried about leaving his wife alone as she gets distressed. Mrs Mendoza has developed incontinence at night, and their old washing machine has broken down. With their limited income, they cannot afford a new one, so they go several times a week to the laundrette.

They are also struggling to access the support and services she needs. She does not know where to turn for help and is unsure what services are available. Mr Mendosa feels isolated and alone and finds it difficult to find people who understand what life is like caring for someone with a chronic health condition.

Mrs Mendosa's first language is Spanish, and she is starting to forget the English she learnt. They would like some of the guidance to be available in Spanish as they think it might help, but they are told it's unavailable. They find it very hard to navigate the complex system of healthcare services and support

available, as it's very different from the system used in South America, where they were born.

Mrs Mendosa is not alone. Many other people living with dementia in London are facing similar challenges. They must receive the support and guidance they need to live independently and comfortably with their condition.

Please read our [report](#), which is the first step of a programme to improve the dementia offer for Londoners. A summary of our report is available in 10 languages.



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