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**Handbags and glad rags: preserving identity in dementia.**
[Key points: Maintaining personhood and identity in dementia may often become dependent upon the support of others—both professional and family carers. Clothing and accessories are an important element in displaying who we are to the outside world; this is even more important in dementia. The handbag and its contents can be used to reinforce memories, personhood and identity.]
Available with an NHS OpenAthens password for eligible users

**How to improve the quality of life of elderly people with intellectual disability: A systematic literature review of support strategies.**
[The studies indicated the importance of funding, provision and organization of services/personnel, education, and cooperation among different support systems. The provision of good housing or activities, support when these provisions change, provision of (mental) health care, dementia care and end-of-life care, life story work, future planning and support for (l)ADLs are crucial.]
Available with an NHS OpenAthens password for eligible users

**Routine health checks can provide opportunities for alcohol health promotion in older adults who identify as responsible drinkers.**
Alfred L. *Evidence-Based Nursing* 2019;22(3):91.
[This review highlights that routines and patterns of alcohol consumption in later life were influenced by a combination of sociocultural and environmental factors over the life course. Furthermore, social occasions involving alcohol played an important role in maintaining older people’s social connections. There were some interesting cultural and gender differences, for example, men’s drinking decreased with age, while it increased for women.]
Available with an NHS OpenAthens password

**The effect of nutrition on older people’s mental health.**
Harbottle L. *British Journal of Community Nursing* 2019;24(Sup7):S12-S16.
[Key points: The prevalence of mood disorders in later life is rising and the impact on morbidity and quality of life continues to escalate; Overall diet quality and specific micronutrients are implicated in the development of mood disorders; Depression and anxiety, and the medications prescribed to treat them, may impact detrimentally on appetite and intake, further affecting mood]
Reports

The following report(s) may be of interest:

**Caring for the whole person: Physical healthcare of older adults with mental illness: Integration of care.**
Royal College of Psychiatrists (RCPsych); 2019.
[https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2019-college-reports/cr222](https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2019-college-reports/cr222)

[This Report CR222 highlights the multiple physical health needs of older adults with mental illness particularly those in psychiatric inpatient wards. The report covers the most commonly encountered co morbid conditions and it provides both practical advice for front line staff as well as making recommendations on training and commissioning of services to help achieve better outcomes for older people. It emphasises the value of an integrated collaborative approach to care. ]

Freely available online

This Bulletin was created by Su Keill, Knowledge Specialist of NHS East Dorset Knowledge and Library Service.

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