

For someone who attends an urgent care centre and receives the lowest level of investigation and treatment the average cost in 2021/22 is £77. For an individual at a major A&E department who receives more complex investigation and treatment the costs start at £359. (The Kings Fund 2019-2020 data)



Why activity matters

Below are some of the physical and psychological changes that can happen if a person remains inactive for long periods of time:

- muscle strength reduces and joints develop contractures
- the potential for urinary infection increases
- gastro-intestinal movement decreases and constipation increases
- decreased alertness and concentration
- increased irritability and depression.

Supporting a person with dementia to remain active is not just about 'a bit of fun' or an added extra – it is essential to their health and wellbeing.

(SCIE) [Keeping people with dementia active and occupied - SCIE](#)

In 2019/20, the average cost of a patient being taken to A&E by ambulance was £292. Ambulance call-outs that didn't result in a trip to A&E cost an average of £206. The Kings Fund 2019-2020 data.

[Key facts and figures about the NHS | The King's Fund \(kingsfund.org.uk\)](#)



Pimouguet C, Le Goff M, Wittwer J, Dartigues JF, Helmer C. Benefits of Occupational Therapy in Dementia Patients: Findings from a Real-World Observational Study. *J Alzheimers Dis.* 2017;56(2):509-517. doi: 10.3233/JAD-160820. PMID: 27983551.

In a recent study, on average each person living with dementia spent less than 2% of their day engaging in social communication with a care worker. (Blair 2007 cited Michiels et al 2017; Ward et al 2005 cited Downs, M. and Collins, L. (2015) *Person-Centred Communication in Dementia Care. Nursing Standard, 30, 37-41.*

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