

IMPROVING DEMENTIA CARE FOR SOUTH ASIAN PEOPLE IN BOLTON

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Why is this important?



Dementia is an illness that affects the brain. It can make it hard to remember things, to talk and understand, to make decisions, and to carry out everyday activities. It is more common in older people. It gets worse over time and cannot be cured.



Many people in Bolton are from Indian and Pakistani (South Asian) backgrounds. The number of older South Asian people is growing, meaning that more South Asian people will develop dementia.



Research was carried out to find out people's views about support for South Asian people with dementia in Bolton.



Two groups of South Asian women met with the researcher

What works well in Bolton:

- Carers from the council can speak the same language as people with dementia
- Bolton Public Health gives talks to 'Community Champions'
- Community groups help each other



Issues that South Asian people face:

- People feel embarrassed about dementia and worry what other people think
- Families do not spot the signs of dementia early on as they think it is part of getting old
- This means they don't get help until later on
- People cannot find information or help in their own language
- It can be stressful for families to look after a person with dementia - they find it hard to ask for help and don't know who to ask

Ideas to make things better:

- Design and adapt services together
- Run information sessions in community centres, places of worship, and schools
- Include doctors in developing support
- Use videos, stories and pictures to share information in different languages
- Tell carers it's okay to ask for help, and tell them where to find help
- Hire staff who speak Asian languages