

## For more information



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Health and Community Services

## About Dementia








An **Easy Read** guide for adults with learning disabilities. about Dementia, the Dementia screening assessment and looking after your memory.

## About Dementia

	<p>Dementia is the word given to changes in your memory, thinking, language and behaviour.</p>
	<p>Dementia is caused by diseases that damage your brain.</p> <p>The most common type of Dementia is caused by Alzheimer's disease.</p>
	<p>When you have Alzheimer's disease cells in the brain begin to die and cannot grow again.</p>

## Staying well

	<p>There are things you can do to stay well.</p>
	<p>Keep active and get lots of exercise.</p> <p>Wear a helmet when you cycle your bike- this will keep your head safe.</p>
	<p>Eat healthy food and do not drink too much alcohol or sugary drinks.</p> <p>Keep a healthy weight.</p> <p>Do not smoke.</p>
	<p>Look after your hearing.</p> <p>Sleep well.</p>
	<p>See family and friends.</p> <p>Learn new things.</p>



 <p>A graphic with the text "Waiting List" above an illustration of three people sitting in front of a calendar showing the months May, August, and December.</p>	<p>You will be put on a waiting list for a Health Check.</p> <p>This is too see if you have any health problems that are causing your memory loss.</p>
 <p>An illustration of a white corded telephone handset next to a male doctor in a white coat and stethoscope.</p>	<p>If you are worried about your memory at any time you must call your Doctor.</p>
 <p>An illustration of a female doctor sitting at a desk with a computer, talking to a female patient who is sitting in a wheelchair.</p>	<p>If your memory loss is not from other health problems.</p> <p>You might be asked to go to the memory clinic for more tests.</p>
 <p>An illustration of a person lying on a table inside an MRI scanner, with two medical professionals standing by the side.</p>	<p>You might be asked to go for a scan of your brain.</p> <p>This helps the doctors to see what your brain looks like.</p>
 <p>An illustration of a male doctor showing a box of medicine to a female patient, with a pile of colorful pills in front of them.</p>	<p>There might be medicines that can help you keep doing everyday things for longer.</p> <p>The Doctor will talk to you about these.</p>

## Who can get Dementia





 <p>An illustration of four people standing together: a woman in a purple top and patterned skirt, a woman in a black top and brown skirt, a man in a blue sweater and grey trousers, and a man in an orange jacket and blue jeans.</p>	<p>Men and women get Dementia</p>
 <p>An illustration of a group of seven older people, including men and women, some waving.</p>	<p>Most people who get Dementia are older but it is not a normal part of ageing</p> <p>Younger people can sometimes get Dementia</p>
 <p>An illustration of a group of people, including a man in a wheelchair and a woman with a cane, standing together.</p>	<p>People with Learning Disabilities and Downs Syndrome are more likely to get Dementia when they are younger.</p>
 <p>A large, bold red 'X' symbol.</p>	<p>You cannot catch Dementia from another person.</p>



## How Dementia affects people

	<p>Dementia makes remembering things difficult.</p> <p>You may forget names or where you have put things,</p>
	<p>Dementia can change how you feel and behave.</p> <p>You might feel sad or angry or get confused.</p>
	<p>You might find it hard to do activities like cooking, shopping or getting dressed.</p>

## How to find out if you have Dementia

	<p>If you are worried about your memory you can talk to your Doctor, Nurse or Social Worker.</p> <p>The Learning Disability Team are here to help you.</p>
	<p>They can ask for you to have a Dementia screening assessment.</p> <p>An assessment means you will be asked some questions to see how you remember, think and do things.</p>
	<p>The assessment will be at your home and you need to have someone with you who knows you very well.</p>
	<p>After the first assessment you will get a report to tell you what will happen next.</p>