



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.

Speech and Language Therapy department - Adult Learning Disability

About dementia



Dementia is the word given to changes in your memory, thinking, language and behaviour.



Dementia is caused by diseases that damage your brain.

The most common type of dementia is caused by Alzheimer's disease.



When you have Alzheimer's disease cells in the brain begin to die and cannot grow again.

Who can get dementia



Men and women get dementia.



Most people who get dementia are older but it is not a normal part of ageing.

Younger people can sometimes get dementia.



People with a learning disability and downs syndrome are more likely to get dementia when they are younger.



You cannot catch dementia from another person.

How dementia affects people



Dementia makes remembering things difficult.

You may forget names or where you have put things.



Dementia can change how you feel and behave.

You might feel sad or angry or get confused.



You might find it hard to do activities like cooking, shopping or getting dressed.

How to find out if you have dementia



If you are worried about your memory you can talk to your doctor, nurse or social worker.

The Learning Disability Team are here to help you.

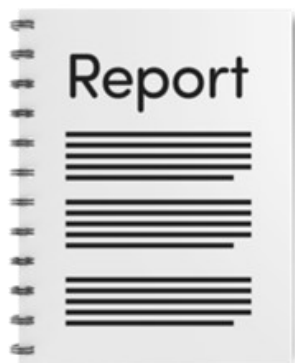


They can ask for you to have a dementia screening assessment.

An assessment means you will be asked some questions to see how you remember, think and do things.



The assessment will be at your home and you need to have someone with you who knows you very well.



After the first assessment you will get a report to tell you what will happen next.



You will be put on a waiting list for a health check.
This is to see if you have any health problems that are causing your memory loss.



If you are worried about your memory at any time you must call your doctor.



If your memory loss is not from other health problems-
You might be asked to go to the memory clinic for more tests.



You might be asked to go for a scan of your brain.
This helps the doctors to see what your brain looks like.



There might be medicines that can help you keep doing everyday things for longer.
The doctor will talk to you about these.

Staying well



There are things you can do to stay well.



Keep active and get lots of exercise.

Wear a helmet when you cycle your bike, this will keep your head safe.



Eat healthy foods and do not drink too much alcohol or sugary drinks.

Keep a healthy weight.

It is better not to smoke.



Look after your hearing.

Sleep well.



See family and friends.

Learn new things.

For more information



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