



DEMENTIA

Easy Read



What is dementia?

Dementia is a name for an illness in the brain.

Our brain is inside our head.

Our brain tells our body what to do.

We use our brain to talk.

We use our brain to get dressed.

We use our brain to walk.

Our brain helps us remember faces and names.

When a person has dementia their brain does not work normally.

A person with dementia can:

Forget people's names

May get confused about where he/she is

Find it hard to remember things

Forget words



A person with dementia can:

Lose skills that he/she had before, for example

- using a knife and fork
- Getting dressed



When a person has dementia they can find it hard to tell people how they feel.

Their behaviour can start to change.

They might get upset and cry.



They might get angry and scream.



Dementia is more common in people with a learning disability.

It is even more common in people with Down's syndrome.

Some people with Down's syndrome may have dementia when they are young (30 years or older).

However, not everyone with Down's syndrome will develop dementia.

What causes dementia?

There are different types of dementia.

Different types of dementia have different causes.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.





How is dementia diagnosed?

Your doctor or nurse will ask your carer about any changes in your memory or ability to do things.

They may ask to do a health check.

You may need to have blood tests and a brain scan.

After getting all the results they will tell you if you have dementia or not.

What is the treatment?

A person with dementia needs good support and the right environment.

They will need support with communication.

Regular physical health checks.

Medication is useful but is not a cure. It only slows the illness down.



Different professionals can help and support a person who has dementia:

Psychiatrist can diagnose and prescribe medications for dementia or any other mental health problems.

Community nurses can support with physical and mental needs.

Physiotherapists can help if there are any mobility problems.

Occupational Therapists can help in deciding the level of support needed.

Speech & Language Therapists can help in assessing communication needs and swallowing problems.

Psychologists can help if there are any behavioural problems.

Social workers will help to arrange best support for the person with dementia.





Help and Support

Your Doctor:
Telephone number:

Your Psychiatrist:
Telephone number:

Your Community Nurse:
Telephone number:

Other professionals
involved:

Other resources:

www.patient.co.uk

www.ageconcern.org.uk

www.alzheimers.org.uk





A Picture of **HEALTH**

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