

12 things we should all know about Dementia

1	Dementia is not	a natural part of ageing
2	Dementia is caused	by diseases of the brain over 40 different types
3	A common types of Dementia are	Alzheimer's disease , Vascular and Lewy body, Dementia is a global term used to describe a group of symptoms
4	Dementia is progressive , which means	the symptoms will get gradually worse, sometimes slowly over many years sometimes a bit quicker, everyone is different
5	Alzheimer’s disease usually starts	by affecting peoples short term memory
6	Dementia is not just about	Losing your memory , if you loose your ability To Learn, To Think, To Reason or Remember , you MAY have Dementia
7	Dementia can also affect	peoples perception, moods, ability to carryout simple tasks , speak, understand their surroundings
8	People with Dementia	can still communicate effectively . You may have to help a little in the later stages
9	One in 14 people over 65	has dementia at any one time, your chances of getting Dementia increase with age,
10	It is possible to	live well with Dementia and enjoy life for years and years, in the early stages many people do their “bucket list”
11	There is more to the person than	the Dementia, they are still in there, Dementia does not effect emotions so they can still feel happy or sad, do your bit for happy
12	Teesside Dementia Link Services	Is a local Charity supporting people and families with Dementia

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