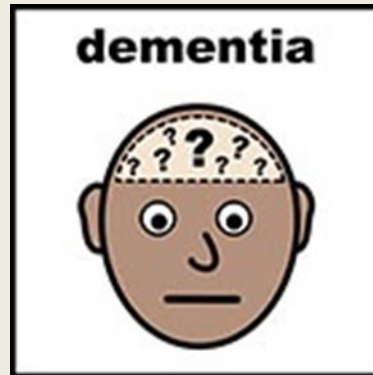
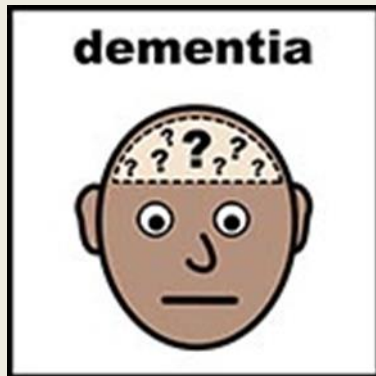


# Dementia



# What is Dementia?



- Illness that changes the brain
- You cannot catch dementia from another person
- Changes to the brain make people forgetful and confused

# Who gets dementia?



- Mostly people over 65
- Younger people can also get dementia
- People with Downs syndrome and other people with learning disability are more likely to get dementia

# Forgetful



- Names
- Where they have put things
- How to do things

# Behave differently



- Maybe sad, angry
- Maybe frightened
- Maybe confused
- May find it hard to do everyday things

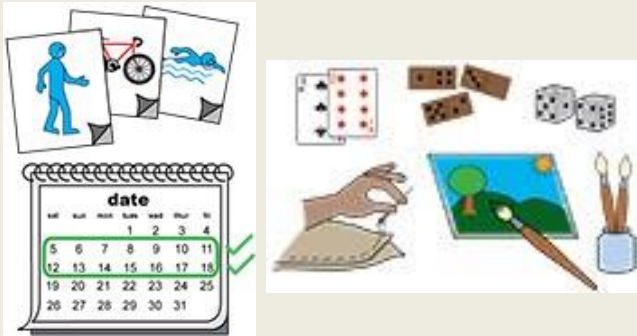


- Being forgetful and behaving differently can also be symptoms of other illnesses



- Important to see GP so they can check symptoms

# Treatment



- Activities and routines can help some people



- Medicine can help some people

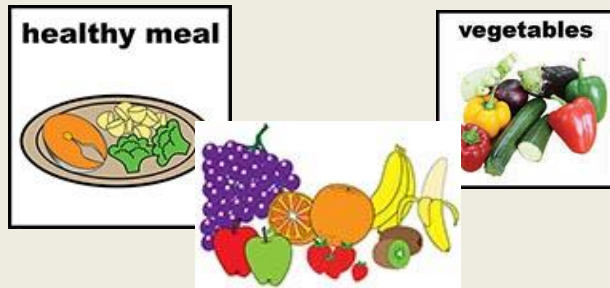


- There is no cure for dementia

# Lowering risk



- Keeping active



- Healthy diet



- No smoking

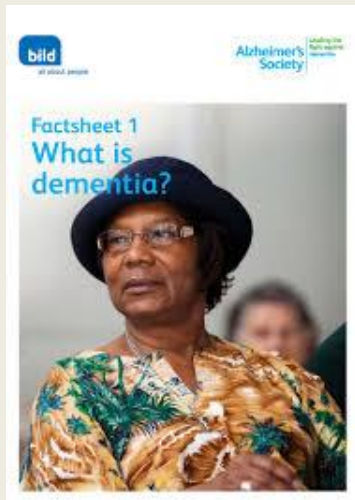




- Having friends having fun and trying new things



- Having a full life



- What is dementia – Alzheimer society and bild  
[https://www.alzheimers.org.uk/site/scripts/documents\\_info.php?documentID=103](https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=103)
- Dementia – easy read -  
Public Health England