

Is someone you care about becoming forgetful?

Is their sense of time, place and persons declining?

Are you becoming stressed because of this?

If you answered "yes" to these questions, the person may have:

## DEMENTIA

Let us help you know what you can do.

## What is dementia?

Dementia is not part of normal aging.

It is an illness of the brain that tends to get worst over time. It can appear at any age, however, it usually affects older adults.

**Dementia causes problems with memory, thinking and behaviour.**

**Dementia has physical, mental, social, and economic impact on caregivers and family members.**



## What are the signs and symptoms of dementia?

Dementia usually causes problems with memory and the skills needed to carry out everyday activities.

Signs and symptoms of dementia include:



Severe forgetfulness, affecting the person's ability to function at home or at work, or to enjoy activities



Disorientation to time, place, and persons



Problems with language and difficulty communicating or remembering words

Dementia can be caused by a variety of diseases and injuries to the brain.

**Alzheimer's disease is the most common cause.**

## How is dementia treated?

Treatment for dementia includes:



### Pharmacological treatment

There is currently no cure for dementia. Medications are given to slow the progression of symptoms.



### Psychosocial support

Such as maintaining social life, promoting independence, family education and support.



### Managing behavioural and psychological symptoms related to dementia

Such as agitation, wandering, hostility, emotional lability, etc.

**Early recognition and management can significantly improve the lives of people with dementia.**

## What are the benefits of visiting a healthcare provider?

The healthcare provider can:

- help you identify warning signs early.
- help you find the best treatment option for you.
- screen for other medical conditions you may have.
- provide psychosocial support.
- refer you to mental health specialists who can help you further, if needed.

**The healthcare provider can help the person with dementia feel better and continue his/her usual activities for as long as possible.**

## Advice for the family of the person with dementia or for caregivers:



Respect the dignity and rights of the person with dementia and avoid being hostile or neglecting him/her.



Encourage the person to continue daily activities, even if they take more time.



Make verbal communication clear by using simple short sentences and listening carefully to what the person has to say.



Remind the person of the date, time, and names of others so he/she can remain oriented.



You may need to use an identifying tag (such as a bracelet) in case the person wanders and gets lost.



It is important that the caregiver takes care of his/her health and rests regularly.

Always remember that people with dementia may not be aware of their condition, so will not seek help.

**It is you who should encourage them to seek help.**



### Questions:

If you have any questions, write them down below in order to discuss them with your health care provider during your next visit:

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