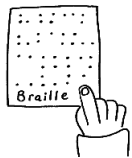


# Dementia



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

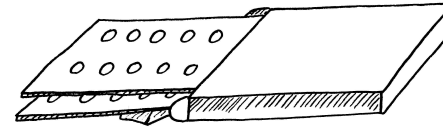
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This leaflet tells you about dementia

Dementia is the name for an illness in the brain.



There are tablets and medicines that can help a person who has dementia.

When a person has dementia they will need lots of help and support.

**There are people that can help and support a person who has dementia:**

- Community nurses
- Physiotherapists, Occupational Therapists, Speech and Language Therapists and Psychologists.
- Doctors
- Key workers
- Friends
- Family and carers

If you want more information about dementia contact:

Name:.....



.....

Our brain is inside our head.

**Our brain helps us to remember things.**



People we have to meet.



Places we have to go to like our day service or work.



There are things that can help a person who has dementia.



Our brain tells our body what to do.



We use our brain to talk.



Looking at pictures of people and places that they know.



Relaxing to music.

We use our brain to get dressed.



Going to places that are peaceful and quiet.

We use our brain to eat and drink.



Speaking slowly and calmly to the person.



We use our brain to walk.



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

**They can forget how to do things.**



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 can forget how to eat and drink.



They might get lonely.

They can forget how to get dressed.



They might get angry and shout and scream.



They can forget words.

They might forget your name or other peoples' names.



They might get frightened.

