



# Dementia

## Easy Read



proudly  
supported by



# About this sheet

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This Easy Read fact sheet is by Down Syndrome Australia.



We talk about dementia.

We explain

- what dementia is
- how to live well
- who can help.



We also share some places where you can get support.



Please remember, this is not health advice.

You can talk to your doctor if you want to know more.

# What is dementia?

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**Dementia** is a health problem that some people get as they get older.



Dementia causes changes in the brain.



These changes can make it hard to remember things and think clearly.

# Why is it important?

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It is important to know if I have any signs of dementia.



My doctor can do a check-up.  
They can check my memory and thinking.



## My doctor can:

- Give me medicine if I need it.



- Give me information and advice.



- Help me find ways to keep my brain healthy.



- Help the people around me to support me.

# How do I know if I have dementia?

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- I might find it hard to remember some things.



- I might forget people's names that I know.

- I might forget where I put things.

- I might feel confused.



- I might find some tasks harder and need extra help.

- I might feel angry because of memory problems.



- I might worry about the changes happening to me.

## Are signs of dementia the same for everyone?



No. Everyone is different.

The signs can be different for each person.

# Living well with dementia

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I can still enjoy doing things I enjoy.  
My family and support people can help me.



## To keep my brain healthy I can:

- Get regular exercise.



- Eat healthy food.



- Drink enough water.



- Get enough sleep.



- Spend time with friends and family.



- Try something new to keep my brain active.



- Take medication if it will help my memory.

# Where can I get help?

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I can talk to:

- My family and support people.
- My family doctor or GP.



## How health professionals can help:

- My doctor can give me a health check.



- My doctor can answer my questions about dementia.



- Doctors can help me with treatment.

## How family and support people can help:



- Help me to stay independent and do things for myself.



- Support me to keep doing my activities.



- Help me keep my brain healthy.



- Talk with me about my worries.

# For more information and help

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## **Dementia Australia:**

For information about dementia

[www.dementia.org.au](http://www.dementia.org.au)

## **Dementia Training Australia:**

Training for staff who support me

[www.dta.com.au](http://www.dta.com.au)

## **Down Syndrome Australia:**

**1300 881 935**

[www.downsyndrome.org.au](http://www.downsyndrome.org.au)

Your local Down syndrome association can give you information and advice.

## **Who can support me and my family:**

- Family and friends
- My doctor and health professionals
- Down Syndrome Australia
- My state or territory Down syndrome association.

## Down Syndrome Australia



1300 344 954



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