



# Dementia



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## What is dementia?

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

Dementia causes changes in the brain.

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

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## Why is it important?

When I see my doctor, they can do a check-up of my memory and thinking.

They can help me by:

- Giving me medications if I need it.
  - Giving me advice.
  - Helping me in ways to keep your brain healthy.
  - Helping the people around me to support me.
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## What are the signs?

- I might have trouble remembering things.
  - I might forget where I put things.
  - I might forget people's names.
  - I might find some tasks harder and need extra help.
  - I might feel frustrated because of memory problems.
  - I might feel worried about the changes happening to me.
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## Are signs the same or different for everyone?

No. Everyone is different. The signs can be different for each person.

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## How does it feel?

- I might find it hard to remember things.
- I might feel confused or need more help.



## How can families and carers help you?

- People can help me stay independent.
- People can support me to keep doing my activities.
- People can help me keep my brain healthy.
- People can talk with me about my worries.



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## What can health professionals do to help?

- My GP can give me a check-up.
- My GP can answer my questions about dementia.
- Doctors can help me with treatment.



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## Where should I get help?

I can talk to:

- My family and support people.
- My family doctor (GP).



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## Living well with Dementia

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.
- Get enough sleep.
- Spend time with friends and family.
- Try something new to keep my brain active.
- Take tablets from my doctor to help my memory.



## More information

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### Where can I go for help?

- Dementia Australia – information about dementia

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

- Dementia Training Australia – training for staff who support me

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

- Dementia Support Australia – help with changes in behaviour

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

- Down Syndrome Australia:

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


### Who can support me and my family?

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

## Disclaimer

This information is general. It is not medical or legal advice. Talk to your GP or health professional about what is right for you. Down Syndrome Australia and nib foundation are not responsible for decisions made using this information.

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