

## Dementia talk for Alzheimer's cafe

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### Introduction

- Reminder: This is your café so if you want to ask questions do.
- Also we'll be talking about dementia in general- you need to remember that how dementia affects you is individual to each person.
- Some of the things I mention may apply to you but it may not

### What is dementia

- Umbrella term for a range of conditions that cause damage to the brain.
- The most common type is Alzheimer's disease.
- Vascular dementia, lewy body dementia and fronto temporal dementia, Korsakoff dementia are other causes
- Sometimes people can have a mixed dementia
- Dementia is NOT a normal part of ageing

### How it affects you- memory

- It affects different people in different ways
- It can affect your memory– forgetting appointments, losing items, getting lost, telling the same story over and over again, forgetting conversations you had with someone
- Being forgetful does not always mean you have dementia
- Damage to the hippocampus- sea horse shaped structure in the brain.

### How it affects you- communication

- You might find it difficult to find the right word.
- You might lose track of conversation
- You might have difficulty expressing yourself- saying what you want to say
- Hard to follow conversations- this can make it hard in groups or at parties etc
- Horse shoe shaped area of the brain damaged

### How it affects you- changes in mood

- You might get low sometimes and feel less confident in yourself
- You might find it difficult to motivate yourself
- You might become frustrated or angry especially if you find it difficult to express yourself

### Changes in completing everyday tasks

- You might find it hard to plan
- You might find it hard to concentrate
- Everyday tasks can be more difficult and you may need more help with them
- You might be slower
- It is important to remain as active and independent as possible
- Concentrate on your abilities

### What you can do to help- people who have dementia said this:

- Talk to someone about how you are feeling
- Let your friends and family know you have dementia- don't hide it
- Keep active, both socially and physically
- Connect with support services- Alzheimer's cafes
- Use practical tips- page 14 ASI booklet

### Help yourself

- Having dementia does not mean that you cannot drive but you may need to have an on road assessment.
- Plan for your future- sorting finances, letting people know about your wishes and preferences.

### Where can you get help

- If you are worried about your memory or if you think that your memory has deteriorated always go to your GP. They can make a referral to a memory assessment and support clinic.
- They can also rule out any physical causes for difficulties with memory