

## What is Dementia?

- Dementia is the loss of cognitive functioning, thinking, remembering, and reasoning. It can have an interference with a person's daily life and activities.
- It can also affect the amount of control on emotions.
- Dementia can be found more commonly as people get older.  
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## What are the signs and symptoms of Dementia?

- Memory loss – Dementia may have an effect on one's memory, especially short-term. However, a person with dementia may have a better long-term memory such as their childhood, or early adulthood.
- Being repetitive – There may be difficulty concentrating and solving problems. A person might repeat themselves loudly or ask the same questions multiple times.
- Confusion about time and place – this includes not able to keep track of time, not knowing the date, potentially not knowing where you are. There may also be a struggle with communication and finding the right words.
- Control – difficulty with controlling emotions; may be more anxious, upset, frightened, or irritated easily. There can also be an affect on judging distance (such as when walking), seeing reflections, or patterns.

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## How can a person with dementia gain support by a Carer or Family?

- Keep to a regular routine.
- Make tasks simple.
- Focus on one thing at a time, break a task into smaller steps.
- Reduce distractions, such as background noise.
- Focus on tasks that can be remembered, such as hobbies or skills that were taught many years ago.
- Talk about positive memories.
- Keep up with regular eye tests.
- Ensure slippers and shoes fit well.
- Try games such as jigsaw puzzles, number or word games.
- Speak at a slower pace and remain calm. Do not raise your voice, or if you feel frustrated leave the room and try again when you feel calmer.
- Allow time for a response as it may take longer to work out a response.
- Reassurance by holding a hand when speaking to them, showing you care.

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