

Living with dementia

Easy read information



What is dementia?

Dementia is a disease which affects the brain it may mean that you feel and behave differently.



Because dementia affects the brain it can affect your mood.



Our brain helps us to think and do things like read and write, and do things in our daily lives.



Dementia is progressive, which means that symptoms like these get worse over time.

With dementia you may find that:



Forgetting things and people's names is often the first thing that happens.



You may also feel confused.

You may not understand what is happening around you at times



You may become upset at times

How can I feel better?

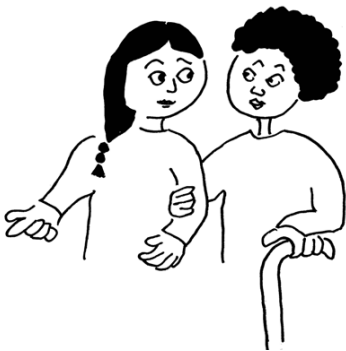


For some people there are tablets which may help the brain work in different ways and help with some of the feelings caused by dementia



You can talk to someone about your worries like a:

- your care co-ordinator
- nurse
- doctor
- therapist
- counsellor
- Dementia advisors
- Dementia Cafes



With the support from someone who understands people can continue to enjoy life.

Who gets dementia?



Many different people around the world get dementia.

You can volunteer to take part in research, just ask your supporters to help you register with the 'Join Dementia Research' initiative

www.joindementiaresearch.nihr.ac.uk

or call 0300 111 5 111



With thanks to the South West London and St George's
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: PALS@nsft.nhs.uk
or call PALS Freephone: 0800 279 7257

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