What is DEMENTIA?

A booklet about dementia for adults who have a learning disability
This booklet will tell you about dementia, an illness some people might get when they get older.
What is DEMENTIA?

Dementia is an illness in the brain.

It affects many things, but mostly the way people remember and do things.
Our brain helps us to do everything.
It tells our body what to do.
These pictures show some of the things our brain helps the body to do.
How to talk

How to dress

How to eat
What can HAPPEN when

The person’s behaviour starts to **CHANGE**.
The person might forget how to do things they usually do.

John used to travel on his own to college.

Now he forgets where to get off the bus.
The person might start to get up in the middle of the night because they think that it is morning.

The person might begin to forget the names and faces of people they know well.

They might even forget your name.
Sometimes the person might start to throw things or shout and scream. There are a lot of reasons why they might do this.

It might be because they feel:

- Angry
- Frightened
- Lonely
- Sad
- They might have a pain

When someone has dementia they often forget the words that they need to tell people how they feel. Sometimes they shout and scream instead.
The person might keep walking backwards and forwards around the room.

They might keep asking the same question over and over again.
The person might get slower at doing everyday things like dressing and eating.

This is because they feel very frightened and confused.
What can we do to help?

The most important thing is to help the person to be peaceful and calm.

We can do this by having peaceful places for people to be in.

Would this person be calm and relaxed?
What other things help people

- Quietly looking at photos, magazines and pictures.
- Listening to music that the person likes.
- Relaxing music helps.
- Being allowed to do things slower than before.
Some people like to have their hands held or stroked gently.

Remember if someone with dementia gets something wrong don’t argue with them.

Having people speak slowly and calmly to them.
REMEMBER

If you are worried about someone you know or about yourself, tell someone you trust to help you.

Who could you ask for help?

My community nurse
Someone from my family
My doctor
My keyworker
My friend

Who would you ask for help?

__________________________________________

__________________________________________
Useful Addresses

Scottish Down's Syndrome Association
158-160 Balgreen Road
Edinburgh EH11 3AU
Tel 0131 313 4225
E-mail info@dsscotland.org.uk
www.dsscotland.org.uk

Down’s Syndrome Association
155 Mitcham Road
London SW17 9PG
Tel 0181 682 4001
www.down’s-syndrome.org.uk

Dementia Services Development Centre
University of Stirling
Stirling FK9 9LA
Tel 01786 467740
Down’s Syndrome

158-160 Balgreen Road, Edinburgh EH11 3AU
Tel 0131 313 4225  Fax 0131 313 4285
Email info@dsscotland.org.uk
Internet www.dsscotland.org.uk

Written by: Diana Kerr & Mo Innes
Illustrated by: Paul Burns
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