

What is **DEMENTIA**?



A booklet about dementia
for adults who have a learning disability

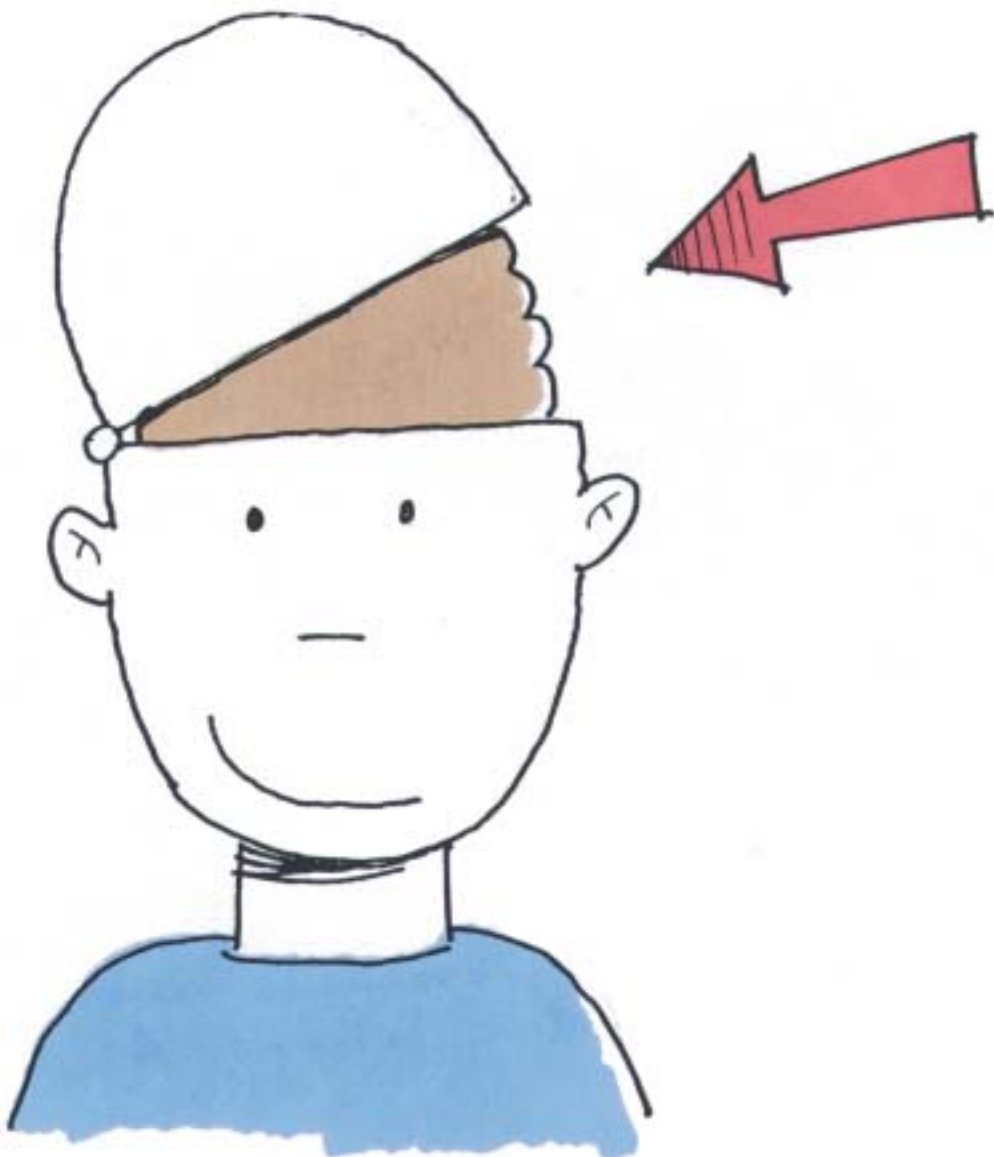
Down's Syndrome

SCOTLAND helping people realise their potential

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.



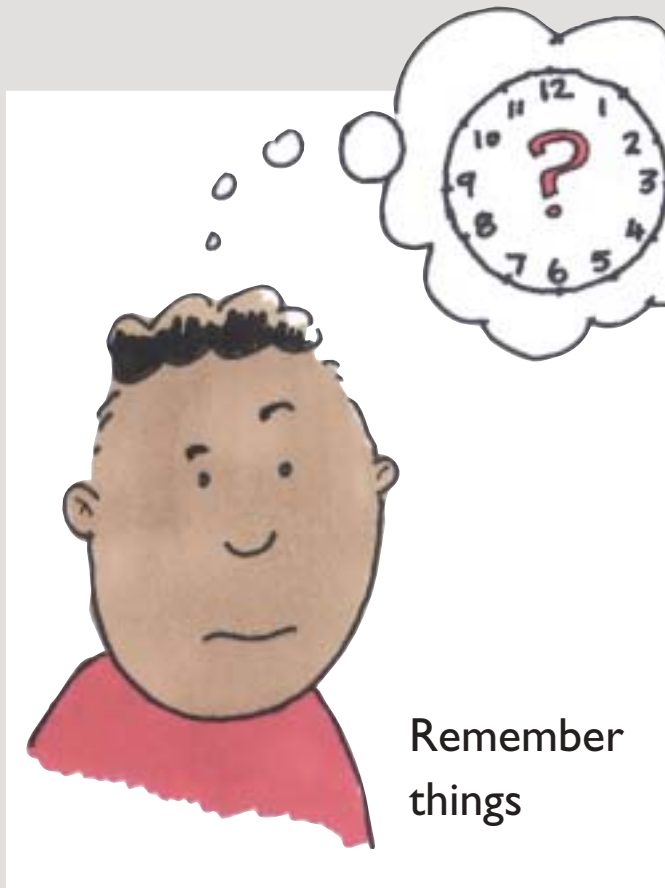
It affects many things, but mostly the way people remember and do things.

What does our BRAIN do?

Our brain helps us to do everything.

It tells our body what to do.

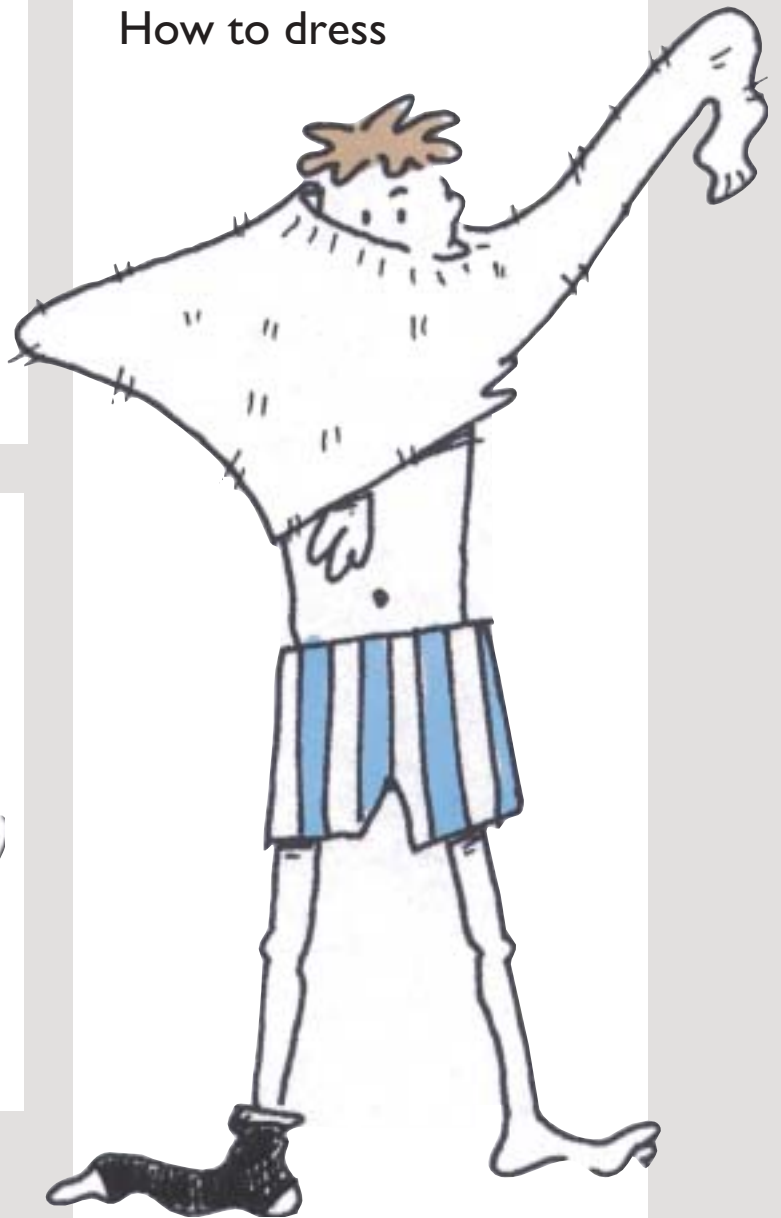
These pictures show some of the things our brain helps the body to do.



How to talk



How to dress



How to eat

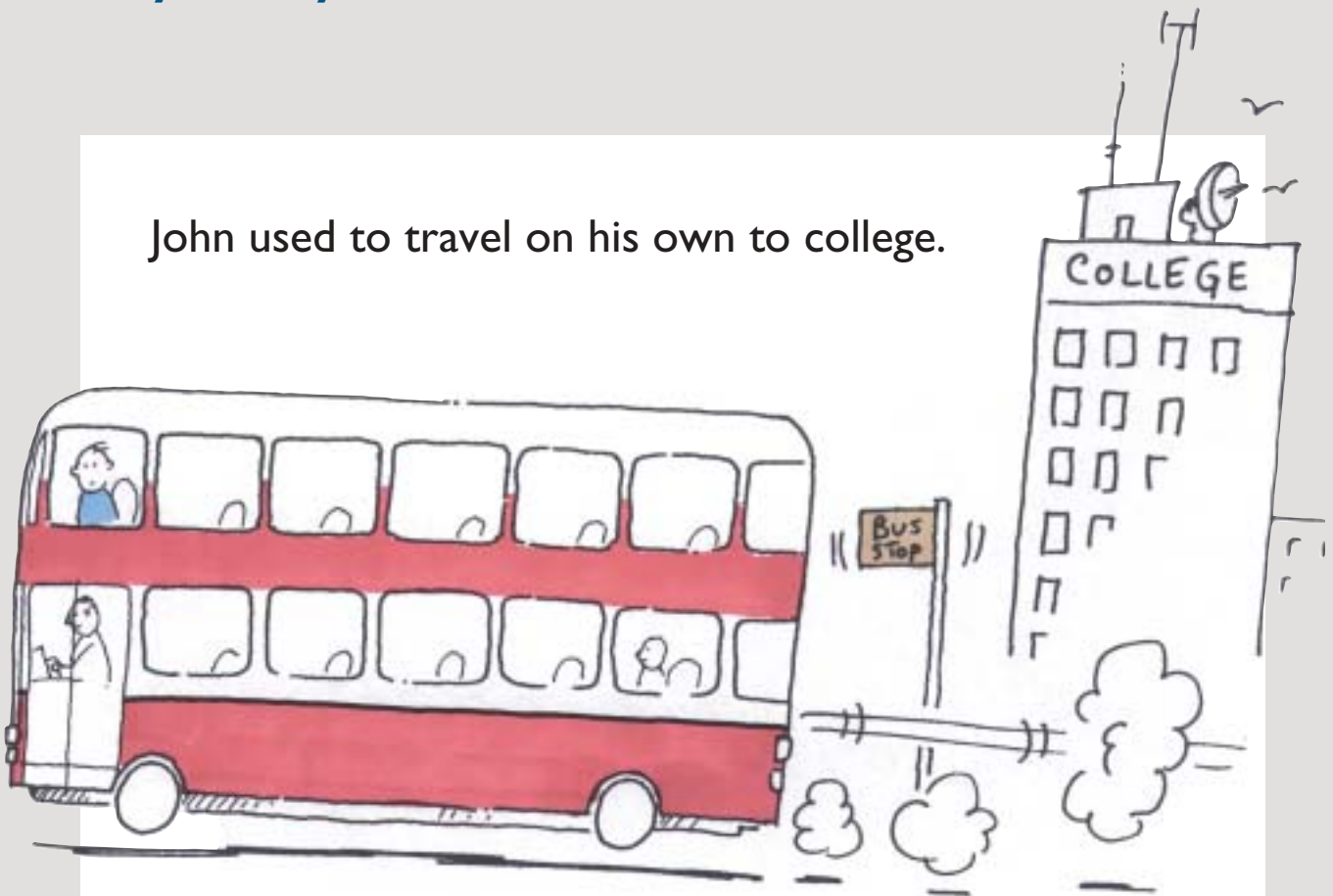


What can HAPPEN when

The person's behaviour starts to **CHANGE**.

The person might forget how to do things they usually do.

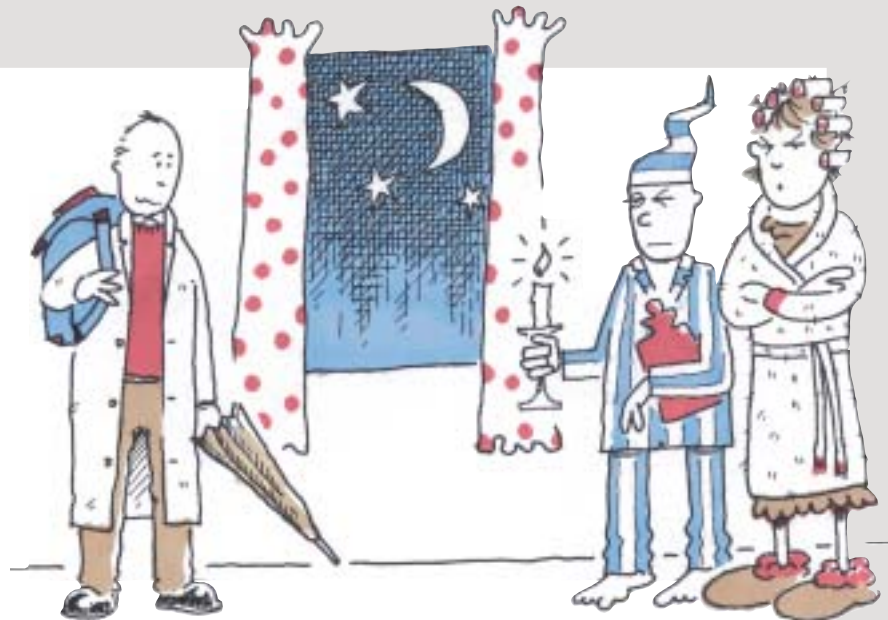
John used to travel on his own to college.



Now he forgets where to get off the bus.

dementia harms the brain?

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



Sad

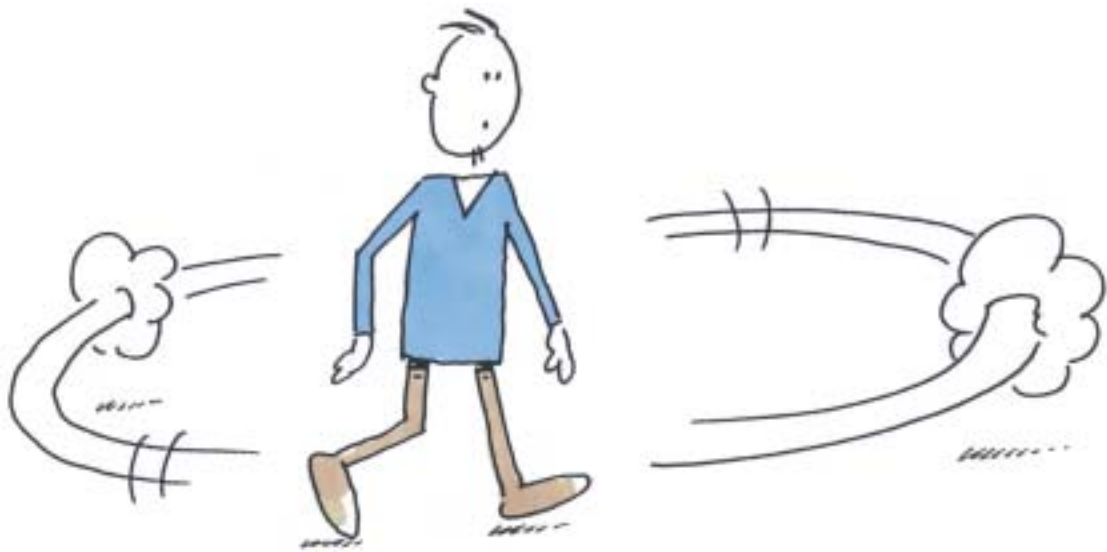


Lonely



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.

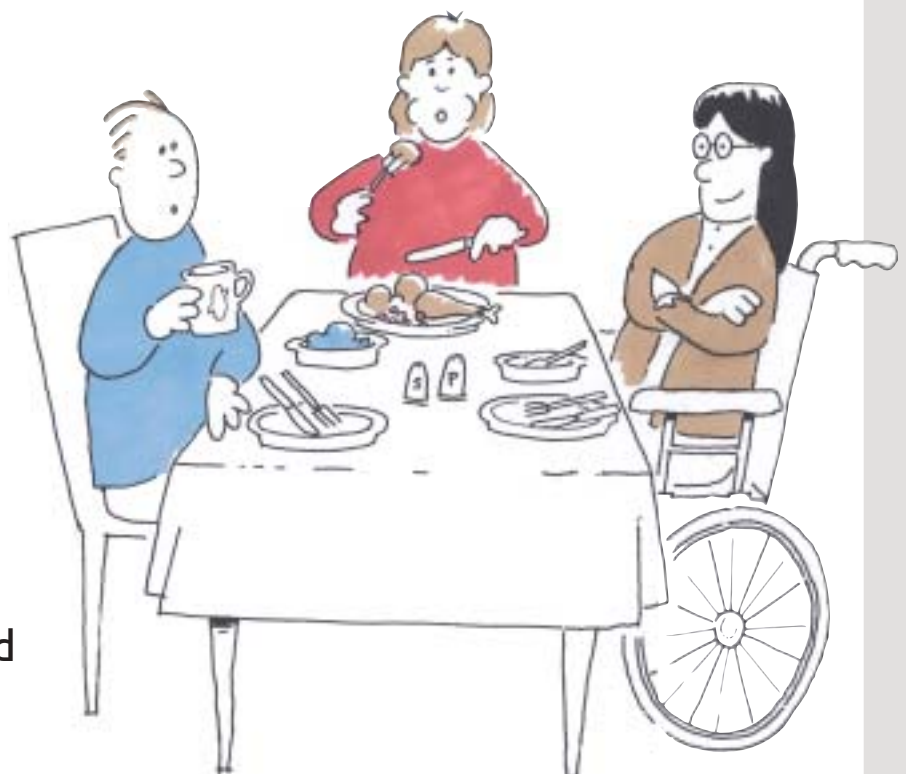


They might keep asking the same question over and over again.



The person
might cry a lot.

This is because they feel very frightened and confused.



The person
might get
slower at doing
everyday things
like dressing and
eating.

What can we do TO HELP?

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



What other things help people



Quietly looking at photos, magazines and pictures.

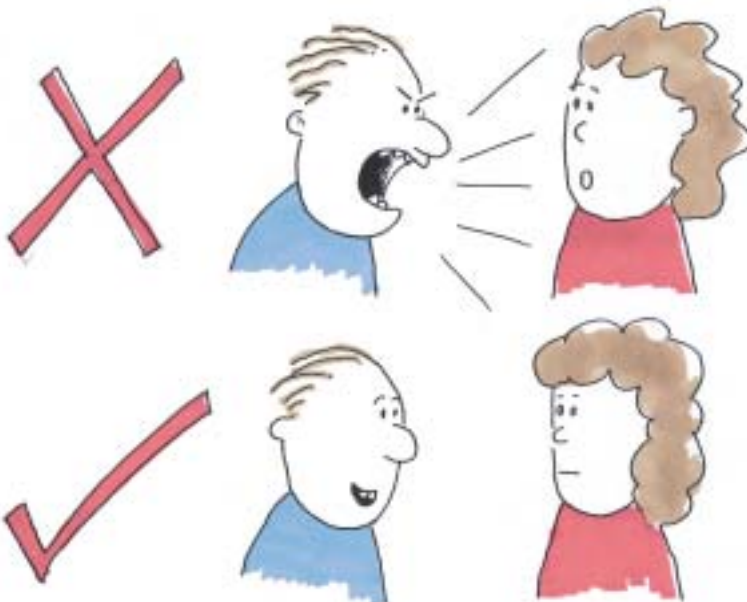
Listening to music that the person likes.
Relaxing music helps.



Being allowed to do things slower than before.

le TO BE CALM?

Some people like to have their hands held or stroked gently.



Having people speak slowly and calmly to them.

Remember if someone with dementia gets something wrong don't argue with 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

Down's Syndrome Scotland

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

SCOTLAND helping people realise their potential

158-160 Balgreen Road, Edinburgh EH11 3AU

Tel 0131 313 4225 Fax 0131 313 4285

E-mail info@dsscotland.org.uk

Internet www.dsscotland.org.uk

SCOTTISH CHARITY NO. SC011012

Written by: Diana Kerr & Mo Innes

Illustrated by: Paul Burns

Thanks to: Ian Lyon; Michelle Cozzi; Ruth Haldane; Kathleen
Fulton; all the members of the Surging Ahead Group



and to Lloyds TSB Foundations
for support in producing this
publication