

DEMENTIA

noun

de·men·tia | \ di-'men(t)-shə , -shē-ə \

Definition of *dementia*:

- 1: Set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem-solving and language and more
- 2: It can affect the day-to-day life of the person with dementia.
- 3: The brain is hurt by disease and injury.
- 4: Dementia cannot be spread from your family member to you or others.

Dementia can effect how your family member expresses themselves by:

- Repeating words or sentences
- Not being able to form sentences
- Use offensive or bad language
- Having problems with words

Your Family Member Might

- Forget your name
- See items or hear people who are not in the room
- Get lost or forget where they are
- Say the same word or sentence multiple times

How do you talk with someone who has dementia?

- Be face to face
 - Use short, simple and clear sentences
- Use familiar topics or what they know
 - Talk about activities, hobbies or topics that they enjoy
- Reduce or remove distractions
 - Find a quiet and calm place to have fun and chat
- Be flexible
 - Go with the flow!



What can you do with Your Family Member?

- Talk about past events and memories! Use pictures or items for help!
- Create a memory chest of unique objects and pictures that have special meaning!
- Create a journal with their life stories, use drawings and other creative ways to help!
- Smile and be positive!

Remember these behaviours and actions are not your family members fault, and it is not your fault. It is the disease.

