



Dementia Wariness

Dementia can happen to anyone at any age; it is a syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning. This may include problems with:

- memory loss
- thinking speed
- mental sharpness and quickness
- language
- understanding
- judgement
- mood
- movement
- difficulties carrying out daily activities

There are many different causes of dementia. People often get confused about the difference between Alzheimer's disease and dementia.

If you have any concerns that yourself or someone you know may have this, it is important to make an appointment with your GP. Although there is no cure for dementia at present, if it's diagnosed in the early stages, there are ways you can slow it down and maintain mental function.

