

Facts About Dementia



Easy Read





This is information to help you understand dementia.

It is okay to ask a friend or someone you trust to read it out loud for you.

It was written by health experts for a website called Health Resource Directory.

Health Resource Directory is full of helpful facts about many common health problems.

You can visit the website by going to www.healthresourcedirectory.org.au



This is the Health Resource Directory logo.

What is dementia?



Dementia happens when brain cells die and do not grow again.



Dementia can happen at any age.



Dementia gets worse over time.



There is no cure for dementia.

How dementia is detected



When you or someone close to you notices you are more forgetful or not yourself, visit your doctor.



Your doctor will talk to you and ask you questions.



Your doctor will do some tests and scans.

How dementia may affect you



You may forget people's names, where you put things or how to do things.



You may find it hard to talk or find the right words to say.



How food tastes may change.



You may find it hard to chew or swallow.



You may feel frustrated, sad or confused.

How to live well with dementia



Keep your body active.



Eat healthy foods.



Stay social with friends and family.



Don't give up your hobbies, they help to keep your mind active.



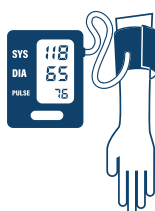
Sleep well.



Manage your hearing loss.



Protect your head.



Manage your blood pressure.

How to live well with dementia



Manage your mental health.



Manage your cholesterol.



Live in a clean place and get plenty of fresh, clean air.



Avoid drinking alcohol. If you are taking medication you could have bad side effects.



Keep a journal of your symptoms, medicines and anything else worth noting.

Questions you can ask your doctor



What if my symptoms get worse?

Will medication help?

Should I do an Advance Care Plan?

Should I appoint an Enduring Guardian?

Write your questions down to ask the doctor.

Where to find extra support

Dementia Australia

They are open all day and night, every day.



Website: www.dementia.org.au



Phone: 1800 100 500

Dementia Support Australia

They are open all day and night, every day.



Website: www.dementia.com.au



Phone: 1800 699 799

My Aged Care

Get help finding services for Non-Aboriginal people over 65 years old or Aboriginal people over 55 years old.



Website: www.myagedcare.gov.au



Phone: 1800 200 422

NDIS (National Disability Insurance Scheme)

For help to find services for people under 65 years old.



Website: www.ndis.gov.au



Phone: 1800 800 110

This Easy Read Factsheet was released February 2024 and is part of the series of factsheets on dementia available on Health Resource Directory.

View the full series of factsheets, including language translations and in-language audio files at **healthresourcedirectory.org.au**

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition, or as a substitute for ongoing medical care.

This factsheet was reviewed by people with experience in living with dementia.



An Australian Government Initiative

