

CONTACTS

National Dementia Helpline
0300 222 1122
9am-5pm weekdays, 10am-4pm weekends

NHS Helpline
111

Alzheimer's Society West Herts
Suite 6, 5 Hercules Way
Leavesden Park, Watford
WD25 7GS
01923 894222

Age UK Hertfordshire
122 Exchange Road, Watford
WD18 0PL
0300 345 3446

Age UK Dacorum
Half Moon Yard, High Street
Hemel Hempstead
HP1 3AE
01442 259049

Alzheimer's Research UK
3 Riverside
Granta Park
Cambridge
CB21 6AD
Tel: 0300 111 5555
www.alzheimersresearchuk.org

THE CONTACT INFORMATION ABOVE IS CURRENT AT THE TIME OF PRINTING. IF IT IS NOT, WHEN YOU NEED HELP, THEN PLEASE SEARCH THE CORRECT CONTACT ON THE INTERNET. WE WILL ENDEAVOR TO UPDATE THE CONTACT INFORMATION ON OUR WEB PAGE ONCE WE ARE AWARE OF ANY CHANGES.

LOCAL SUPPORT GROUPS



For further information please visit our website
www.dementiafriendlychorleywood.org.uk

Memory Café
Tel: 07721 643024

5 Ways Friends Club
01923 216 967
wellbeing@w3rt.org

Christ Church Teas
01923 282149
Debbie Bloomfield



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An initiative of residents and businesses in Chorleywood

UNDERSTANDING DEMENTIA

What does memory loss mean?



Memory Loss . . .

Memory problems are common and can be due to a number of reasons. You can't remember someone's name or where you have left your car keys? These are quite normal and happen to us all. It is however important to seek advice because, in some cases, memory problems can be a sign of a medical condition.

Medical reasons for memory loss include depression, dementia, urinary and other infections, vitamin and thyroid deficiencies.

Memory loss often increases as we grow older without there being any medical reason.

What is Dementia?

Dementia is caused when the brain is damaged by diseases. The diseases include Alzheimer's disease, vascular dementia, frontotemporal dementia or dementia with Lewy bodies. The symptoms people with dementia experience will depend on the parts of the brain that are damaged. Dementia does not only affect the elderly it can also occur in young people. Sometimes it can be difficult to distinguish Alzheimer's disease (the most common form of dementia) from mild forgetfulness which can be seen in normal ageing.

Everyone with Alzheimer's disease will experience symptoms in their own way. Typical early symptoms of Alzheimer's include:

- Regularly forgetting recent events, names and faces.
- Becoming increasingly repetitive.
- Regularly misplacing items or putting them in odd places.
- Confusion about the time of day.
- Disorientation, especially away from your normal surroundings.

- Getting lost.
- Problems finding the right words.
- Mood or behaviour problems such as apathy, irritability, or losing confidence.

Alzheimer's disease gets worse over time, but the speed of change varies from person to person.

Who Should I See?

If you are worried about memory loss, you should first contact your G.P.

If your G.P. suspects dementia, there are tests that can be done and there are specialist centres you can be referred to for a full diagnosis and discussion of possible medication. Diagnosing the correct type of dementia is important. It means you can get the right support and treatments and also plan for the future.

If your G.P. suspects some other reason for memory loss then appropriate treatment can be discussed with you.

The most important thing is to see your G.P. for a discussion. Memory loss is very common as we get older and can just be a natural part of ageing.

The information provided here does not replace any advice that doctors, pharmacists or nurses may give you but provides some background information which we hope you will find helpful.

