Let’s talk about DEMENTIA

A booklet about dementia for adults who have a learning disability

Down’s Syndrome Scotland
helping people realise their potential
My name is

This is a photo of me

We are talking about dementia because:
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.

Remember things

How to walk
How to talk

BLAH! BLAH!

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
- Lonely
- Sad
- 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 get slower at doing everyday things like dressing and eating.

This is because they feel very frightened and confused.

If you are worried about someone you know, or about yourself, tell someone you trust to help.
What can we do TOGETHER?

The most important thing is to be peaceful and calm.

We can do this by having peaceful places for people to be in.

Would this person be calm and relaxed?
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.
Holding hands or stroking hands gently might help.

Have people speak slowly and calmly.

Remember don’t argue with them.
Spending time TOGETHER

Things you may like to do (tick which ones you enjoy)

- Look at old photos, and put them into a book
- Sit outside and look at the plants and animals
- Go for a walk
- Listen to some nice music
- Sing
- Dance
- Other ideas
Things we have done

A photo of me / us

A photo of us / friends / family

A photo of us

The best thing we have done together was...
This workbook is in easy read format. It is advisable that family/carers/friends read the book and do the exercises with the person.

This workbook can be used in two different ways:

- **For a person with Down’s syndrome who is developing dementia**
  To help them understand what dementia is, the impact it may have and what might help them.

- **For a person with a learning disability whose friend or relative is developing dementia**
  To help them understand what dementia is and ways to help their friend.