

Did You Know?

- ❖ Dementia is not a normal part of ageing. It is a disease.
- ❖ Someone in the world develops dementia every 3 seconds.
- ❖ Dementia is the Fifth leading cause of death.
- ❖ Currently there are around 50 million people with dementia in the world.
- ❖ There are nearly 200, 000 persons with dementia in Sri Lanka.
- ❖ By 2050, it is estimated there will be approximately half a million people with dementia in Sri Lanka.

Did
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Did You Know?

- ❖ 3 out of 4 people with dementia haven't received a diagnosis yet.
- ❖ Early diagnosis enable people with dementia to plan ahead.
- ❖ Dementia is nothing to be ashamed of. It is no one's fault.
- ❖ 6 in 10 people with dementia wander away from their homes and risk getting lost.

So let's talk about dementia. Help build dementia friendly communities.

Let's Talk
about
DEMENTIA



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What is Dementia?

- ❖ Dementia is not a single disease but a general term used to describe a number of symptoms of cognitive decline resulting from brain disorders.
- ❖ It causes a progressive decline in one's ability to remember, think, reason and communicate. Along with it mood, behaviour and personality too can gradually change.
- ❖ This happens when parts of the brain used for learning, decision making and language are damaged or diseased.

10 Warning Signs of Dementia

1 Memory Loss

2 Difficulty performing familiar tasks

3 Problems with language

4 Disorientation to time and place

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Warning Signs of Dementia

5 Poor or decreased judgement

6 Problems keeping track of things

7 Misplacing things

8 Changes in mood and behaviour

9 Trouble with images and spatial relationships

10 Withdrawal from work or social activities

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Memory Screening

(No description)

Why Memory Screening is important?

- Memory loss is one of the earliest symptoms people notice about persons with dementia.
- The loss can be so gradual that it is likely to be easily overlooked as normal.
- Memory problems can also be caused by medical conditions that are treatable.
- A memory screening is an important first step towards identifying the cause of memory loss.
- Please call LAF on 011 2667080 to register for a free memory assessment.



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Identification Bracelet

(No description)

IDENTIFICATION BRACELET

- Six in ten people with dementia wander away from their homes.
- A person with dementia may not remember his/her name or address, and can become disoriented even in familiar places.
- It is important to ensure that the person carries some form of identification in case they do get lost.
- Lanka Alzheimer's Foundation has bracelets which can be personalised with contact details of the caregiver.



Did You Know?

Dementia has no cure. Your potential for developing dementia can be influenced by a number of factors. While some factors like age and genetics cannot be changed, there are others that can be changed through life style choices.

Studies indicate that it may be possible to prevent and /or reduce the risk of developing dementia or delay the onset of dementia by life style changes.

