

# Mental Health and Learning Disabilities



Dementia

# DEMENTIA



## What is Dementia?

Dementia is a name for an illness in the brain.

Our brain is inside our head. Our brain helps us to remember things.

Our brain tells our body what to do.

We use our brain to talk.

We use our brain to get dressed.

We use our brain to walk.

Our brain helps us remember faces and names.

When a person has dementia their brain does not work normally.

A person with dementia can:

Forget people's names

May get confused about where he/she is

Find it hard to remember things

Forget words

Lose skills that he/she had before, for example

- Using knife and fork
- Getting dressed

# DEMENTIA



When a person has dementia they can find it hard to tell people how they feel.

Their behaviour can start to change.

They might get upset and cry.

They might get angry and scream.



Dementia is more common in people with learning disability.

It is even more common in people with Down's syndrome.

Some people with Down's syndrome may have dementia when they are young (30 years or older).



However not everyone with Down's syndrome will develop dementia.

# DEMENTIA



## What causes Dementia?

There are different types of Dementia.

Different types of dementia have different causes.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.



## How is Dementia diagnosed?

Your doctor or nurse will ask your carer about any changes in your memory or ability to do things.

They may ask do a health check.

You may need to have a blood tests and a brain scan.

After getting all the results they will explain to you if you have dementia or not.



## What is the treatment?

A person with dementia needs good support and the right environment.

They will need support with communication.

Regular physical health checks.

Medication is useful but not a cure. It only slows the progress of the dementia.

# DEMENTIA

**Various professionals can help and support a person who has dementia:**



Psychiatrist can diagnose and prescribe medications for dementia or any other mental health problems.

Community nurses can support with physical and mental health needs.

Physiotherapists can help if there are any mobility problems.



Occupational Therapists can help in deciding the level of support needed.

Speech & Language Therapists can help in assessing communication needs and swallowing problems.

Psychologists can help if there are any behavioral problems.



Social worker will help to arrange best support for the person with dementia.

# Help and support



Your doctor: .....  
Telephone Number: .....

Your Psychiatrist: .....  
Telephone Number: .....



Your Community Nurse: .....  
Telephone Number: .....

Other professionals involved:



Other resources:  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.ageconcern.org.uk](http://www.ageconcern.org.uk)  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



Leaflet produced and issued by Leicestershire Partnership NHS Trust and the Royal College of Psychiatrists' Faculty of the Psychiatry of Learning Disability.  
[www.leicspt.nhs.uk](http://www.leicspt.nhs.uk) - [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk).

We would like to acknowledge that some of the content in this leaflet has been obtained from Cheshire and Wirral Partnership NHS Trust leaflet on Dementia.

© August 2010. The Royal College of Psychiatrists is a registered charity: 228636 (England and Wales) and SC038369 (Scotland).

Pictures used from Change Picture Bank and Somerset Symbols Project