

Common thoughts & concerns The facts & reality

<i>Losing your memory and getting confused is just a natural part of aging</i>	We usually experience some gradual changes in memory and thinking with age. But memory loss or confusion should not get worse very quickly or affect daily life. If this happens, ask your GP for an assessment.
<i>All older people get dementia</i>	Old age is a risk factor for dementia, but dementia is not inevitable.
<i>Memory loss is the first sign of dementia</i>	Early signs of dementia vary. Some people have changes in personality, behaviour, language, or abilities rather than memory.
<i>I have a good memory for things in the past, so I don't have dementia</i>	Depending on the type of dementia, older memories, like those of early life are retained long into the course of dementia. More recent memories tend to be lost first.
<i>I should hide any difficulties I have, so that other people don't realise.</i>	Hiding difficulties won't help. <u>Ask</u> your GP - understanding any medical reasons for the changes can lead to treatments for symptoms and services which can help you.
<i>If I lead a healthy lifestyle, I will not get dementia.</i>	A healthy lifestyle will reduce your risk of dementia but does not guarantee you won't get dementia.
<i>If I take vitamins and supplements that will prevent dementia</i>	Having a healthy lifestyle reduces your risk of dementia, but vitamins and supplements do not prevent dementia.
<i>If I have dementia, then my children will get dementia</i>	Dementia is not just caused by genes. While family members have a small increase in risk of getting dementia, lifestyle has a big contribution to dementia risk.
<i>There is nothing you can do for dementia</i>	There are treatments and strategies that reduce dementia symptoms.
<i>If I have dementia, I should not go out</i>	It is important for people living with dementia to go out. Staying mentally, socially and physically active can slow the progression of dementia. Keep everyone connected.
<i>People with dementia become useless and have to live in a nursing home</i>	People with dementia can continue to do things for themselves and their families. Most people with dementia continue to live at home.
<i>Life is not worth living if you have dementia</i>	Many people with dementia lead full and meaningful lives. Getting the right treatments and support helps people with dementia and their families to live well.
<i>People with dementia become angry and aggressive.</i>	Anger and aggression might be avoidable in people with dementia. It is usually a reaction to an unmet need (e.g. hunger, boredom)
<i>Alzheimer's is the same as dementia</i>	Dementia is the name of a group of brain diseases. Alzheimer's is the most common brain disease causing dementia, but there are other types of dementia.

