


CONSUMER QUICK REFERENCE GUIDE - IMPROVING THE CARE FOR PEOPLE WITH DEMENTIA

| WHAT IS DEMENTIA? | EARLY DIAGNOSIS | ASSESSMENT OF DEMENTIA | CARING FOR YOU AND YOUR CARERS | TREATMENTS |
|---|--|---|---|---|
| <p>Symptoms include:</p> <ul style="list-style-type: none"> ➤ Memory loss ➤ Difficulty thinking, understanding and concentrating ➤ Impairment of perception ➤ Changed behaviours such as agitation and depression ➤ Communication difficulties affecting reading, writing and speech ➤ Reduced ability to perform activities of daily living.  <p>COGNITIVE DECLINE PARTNERSHIP CENTRE</p> | <ul style="list-style-type: none"> ➤ Talk to your doctor if you are concerned about your memory or thinking or changed behaviours. ➤ Seek investigation of your symptoms the first time you notice them. | <p>Your doctor will arrange a variety of tests to make the diagnosis of dementia, which may include:</p> <ul style="list-style-type: none"> ➤ Memory Assessment ➤ CT or MRI (Neuroimaging of your brain) ➤ Blood tests ➤ Review of other health conditions. | <p>Talk to your Doctor about your care needs.</p> <p>There are legal considerations to consider such as:</p> <ul style="list-style-type: none"> ➤ Advanced Care Directive ➤ Enduring Power of Attorney ➤ Ask for information about local services to support you to remain in your preferred place and to be active and independent as long possible. ➤ Health care services should be trained in dementia care and treat you with dignity and have respect for your individuality, cultural background and preferences. ➤ Carers need support too, ask about carer support groups and respite services. | <p>There are many different treatments for dementia:</p> <ul style="list-style-type: none"> ➤ Healthy life style including: ➤ Good nutrition ➤ Regular exercise ➤ Maintaining independence ➤ Maintaining social engagement and connection ➤ Massage and Relaxation. ➤ Medications to manage cognitive decline symptoms and changed behaviours. |
| WANT MORE INFORMATION? | | | | |
| <p>READ GUIDELINES http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php</p> | <p>CONTACT YOUR DOCTOR</p> | <p>ALZHEIMER'S AUSTRALIA 1800 100 500 www.fightdementia.org.au</p> | <p>MYAGEDCARE www.myagedcare.gov.au</p> | |