



If you are worried you or someone you know may have Alzheimer's disease / Dementia

If you're worried about your memory or think you may have dementia, it's a good idea to see your GP. If you're worried about someone else, you should encourage them to make an appointment and perhaps suggest that you go along with them.

Getting someone else to go can be difficult, they often think everything is OK. If they are over 60 suggest they need a routine check up. Inform their Doctor before hand of your concerns, they may not want you to accompany them into the Doctors examination room, this is fine the Doctor is used to this and will carry out appropriate tests.

Do not be worried

Memory problems are not just caused by dementia – they can also be caused by

- depression,
- stress,
- medications
- other health problems
- nutritional deficiency
- lack of sleep

Your GP can carry out some simple checks to try to find out what the cause may be, and they can refer you to a specialist for more tests, if necessary.

If it is Dementia a timely diagnosis gives you the best chance to adjust, prepare and plan for the future, as well as accessing treatments and support that may help.

Dementia is not a death sentence you can still live a long and happy life with a good quality life style

some information taken from NHS uk

Teesside Dementia Link Services