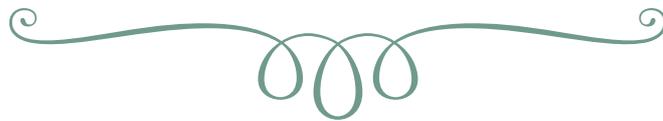


# Spotting the early signs of dementia



Dementia typically affects individuals aged 65 and over, but early signs of the condition can also develop in people who are much younger.

If you have any concerns at all about your mental health or that of a loved one, contact your doctor as soon as possible to ensure you are getting the best available support and treatment for your needs.

Below are some of the signs of dementia you should be looking for::

## Forgetfulness

Memory loss is among the most well-known symptoms of dementia, as well as associated illnesses such as Alzheimer's and Parkinson's disease. However, it can be difficult to judge whether this is related to the illness or not, simply to ageing, stress, depression or to a physical illness. If you're worried for yourself or a loved one, it's important to book an appointment with your doctor.

## Disorientation

As a result of memory problems, people living with dementia can become disorientated, which can lead them to feel confused, lost and scared.

There are ways to help someone in this situation and your doctor can advise you of the best ways to alleviate some of your concerns.

## Communication problems

Declining memory can also lead to communication problems, as people struggle to recall words, resulting in them appearing confused. It's important to stay calm in these situations and get advice from your doctor if you feel it is affecting the person living with dementia or your relationship with them.

## Mood changes

The frustration that comes with these changes can have a significant adverse effect on the person's mood, which can lead to the development of depression in some cases. Engaging them in activities can help with this and professionals can give you advice on which may be the most effective.

## Difficulty completing everyday tasks

Some people living with dementia can have difficulty completing basic everyday tasks, such as getting dressed or tying shoelaces. You may also notice that the person has difficulty counting their money out at the shops.

