

What is dementia?



Easy read fact sheet



Dementia is an illness in a person's brain.



It can change the way people think and act.



It can affect what people can remember.



The guide explains how you can tell someone might have dementia and how it is tested.

How you can tell someone might have dementia



There are different types of dementia.



Alzheimer's disease is a type of dementia.



There are different things that might mean a person has dementia.



These are called 'symptoms'.



The symptoms could be:

- Forgetting things, like people's names



- Finding it hard to say the right words



- Acting in a different way, like getting angry more than usual



- Seeing things that aren't there



- Being more confused



- Finding it harder to do things like getting dressed or cooking



The symptoms of dementia keep getting worse.



These symptoms do not mean you have dementia.



There might be something else wrong or you might be going through a difficult time with your emotions.



It is important to speak to a doctor if you are worried that you have dementia.

Who gets dementia?



Anyone can get dementia.



Some people are more likely to get dementia.



People are more likely to get dementia if:

- They are more than 65 years old
- If they are not living a healthy life





We have a [guide on keeping healthy](#).



If you are one of these people, that does not mean you will get dementia.



It just means you are more likely to get dementia.



Every person with dementia is different and will get different symptoms.

Testing for dementia



You cannot tell if someone has dementia from just one test.



There needs to be a lot of different tests.



The tests could be done at the doctors or at a hospital.



The doctor will ask lots of questions about the person.



They will ask about the symptoms.



They will look at any medications that are being taken.



The doctor will do different memory tests.



A blood test might be done to check if anything else is wrong.



This is when blood is taken from a person with a needle and tested.



A scan might be done so the brain can be checked.



A scan is done with a machine that shows the doctor how the brain is working.

Treatment for dementia



There is no cure for dementia right now.



There are medicines that can help with the symptoms.



The symptoms can make life harder.



The person might need to get help from family or support workers.



They might need to make some changes to make living with dementia easier.



For example, if the person cannot cook for themselves.



Or remember to take their medication.



They might need extra support.



The [Alzheimer's Society](#) has lots of information on living with dementia.



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01372 755000



enquiries@seeability.org

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