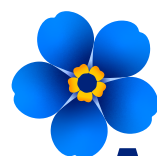




Finding out you have dementia

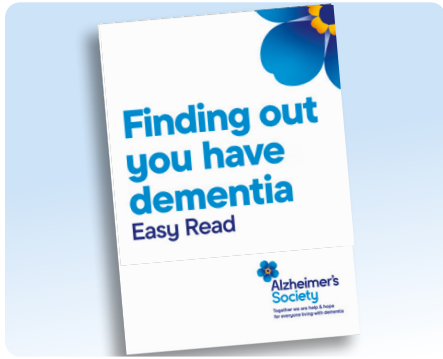
Easy Read



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

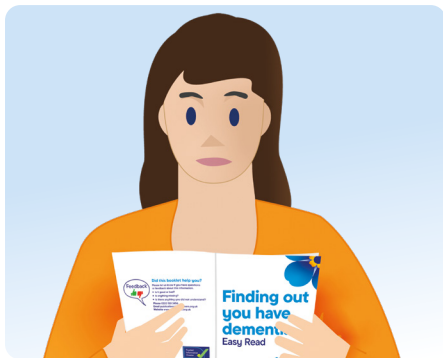
Finding out you have dementia



This booklet will help you if you have been told that you have dementia.



You might feel upset, worried or angry.
This is normal.

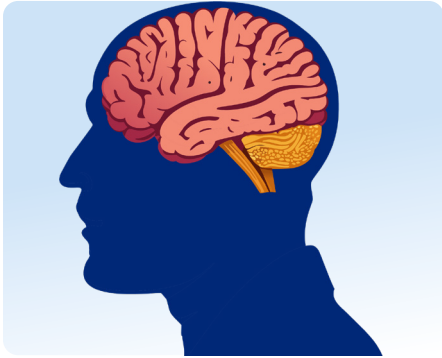


You will learn what dementia is.

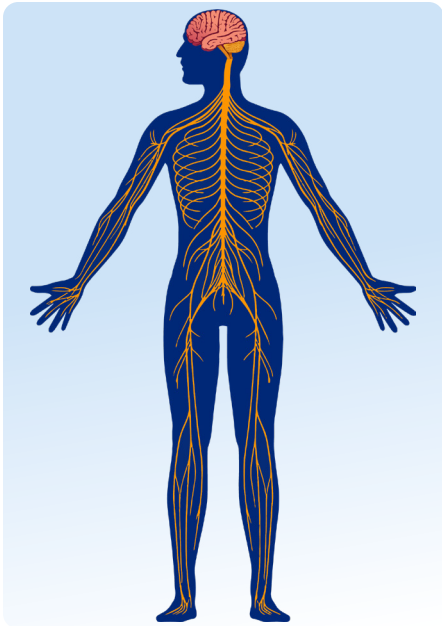


You will also learn things that can help you.

What is dementia?

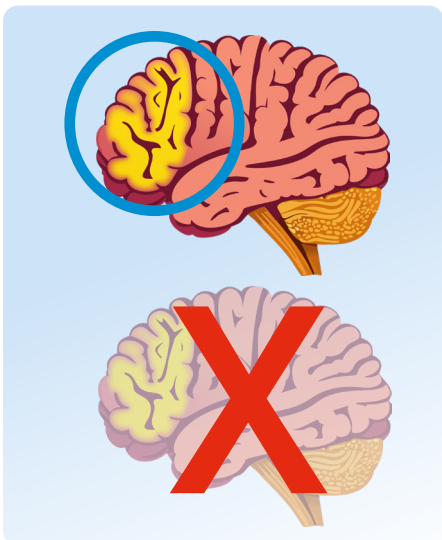


Your brain controls how your body works.



Your brain helps you to:

- Speak
- Think
- Remember
- Read and write
- Move



Like other parts of the body, your brain can get ill.

When the brain gets ill, it can't work properly.

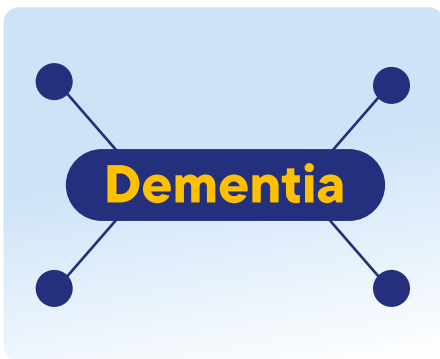


We use the word **dementia** for some problems that stop the brain working properly.

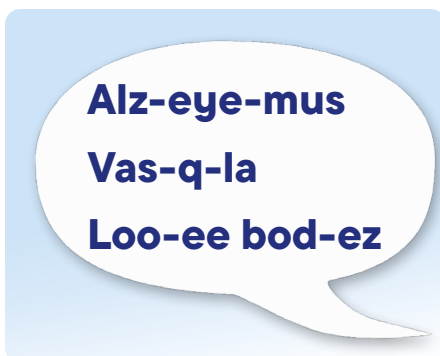
Types of dementia



If you have dementia, your doctor will tell you the type of dementia you have.

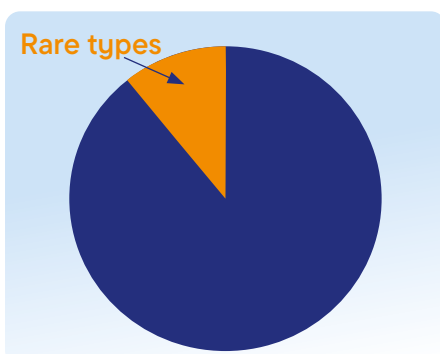


There are different types of dementia.



The main types of dementia are:

- Alzheimer's disease
- Vascular dementia
- Dementia with lewy bodies
- Mixed dementia



There are other types.

Not as many people get these types.

Can someone get better from dementia?



It is not possible to get better from dementia.



But there are things that can help.



Find out what can help in our other booklet '**Help when you have dementia**'.



You can find the booklet on our website:
www.alzheimers.org.uk/easyread

Or we can send you a copy for free.
To get your copy call us on:
0333 150 3456

or email
publications@alzheimers.org.uk

Some things that can help you now



Talk about your feelings

It is normal to feel lots of emotions when you find out you have dementia.

Talking to someone you trust may help.



Ask questions

If you want to find out more about dementia, your doctor can help.

They can answer your questions.



Talk to us

You can also talk to us about dementia.

We can give you information and support.



The ways you can talk to us are on the next page.

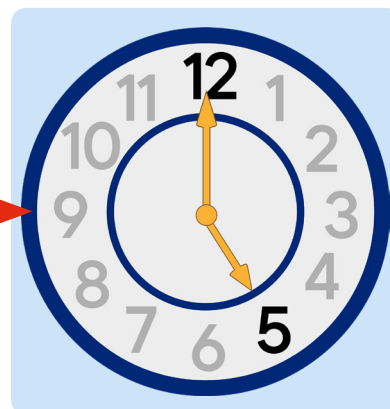
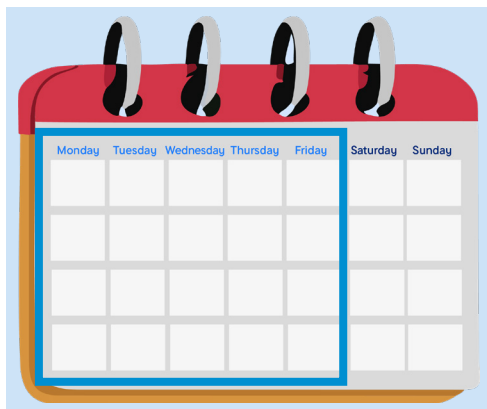
How we can help you



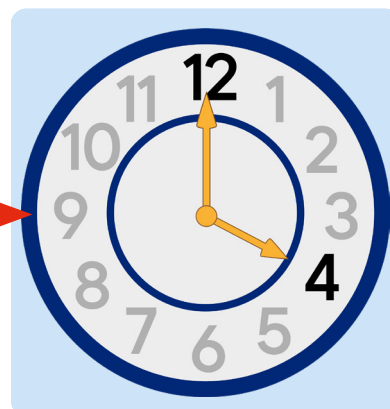
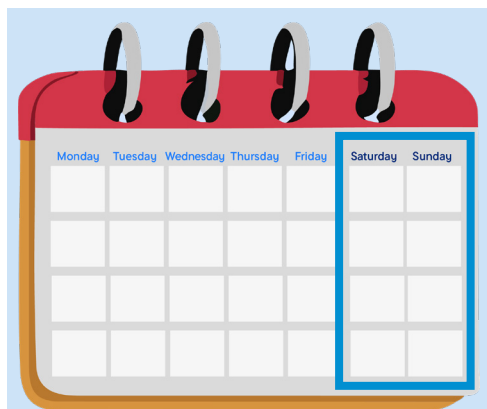
You can talk to someone on our support line.

Call **0333 150 3456**

Monday to Friday: 9am-5pm



Saturday and Sunday: 10am-4pm



You can find more information on our website.

www.alzheimers.org.uk/get-support



Did this booklet help you?

Please let us know if you have questions or feedback about this information.

- Is it good or bad?
- Is anything missing?
- Is there anything you did not understand?

Phone 0333 150 3456

Email publications@alzheimers.org.uk

Website www.alzheimers.org.uk

ER2 Finding out you have dementia
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Next review April 2027



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