

# Signs of dementia

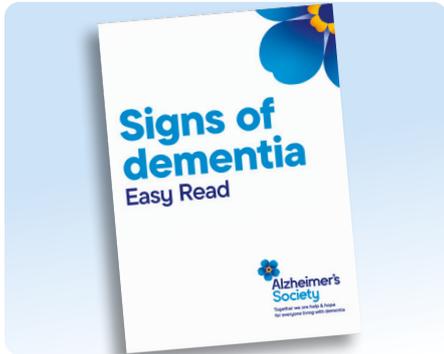
## Easy Read



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia

# About this booklet



This booklet is about signs of dementia.



You say it **[de] [men] [cha]**.

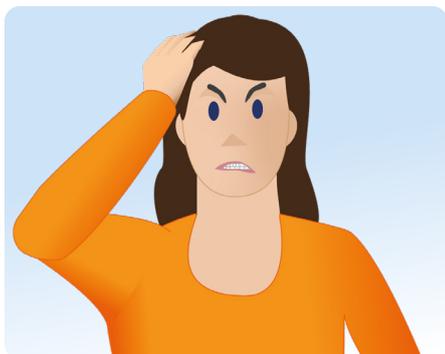


You can learn about how to look for signs in yourself or someone else.



If you are worried about your health, you should tell someone you trust.

# Signs of dementia



Dementia can change how you feel and behave.



These changes are called **signs** or **symptoms**.



Sometimes these signs might be something else.



Tell someone if you are worried about the signs on the next page.



You could tell someone in your family, a carer or a doctor.

# Tell someone if you notice these signs



Do you forget things more than normal?

Like people's names or where you have put something.



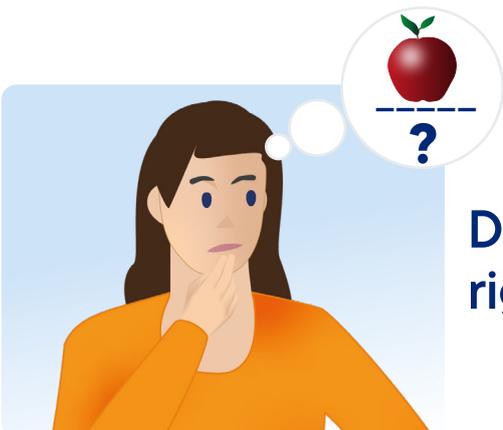
Do you feel different to how you normally feel?

You might feel sad, angry or confused more often.



Do you find it harder to do things?

Like getting dressed or making a meal.



Do you struggle to think of the right words more than normal?

# Talking about your health



It can be scary talking about your health.



It is important because it means you can get help if you need it.

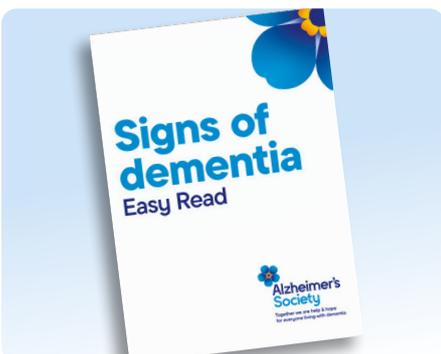


Think about the things you want to say.

This will help you remember what to say.



Write or draw the problems if it will help you.



You can use this booklet to show someone what you are worried about.

# How we can help you

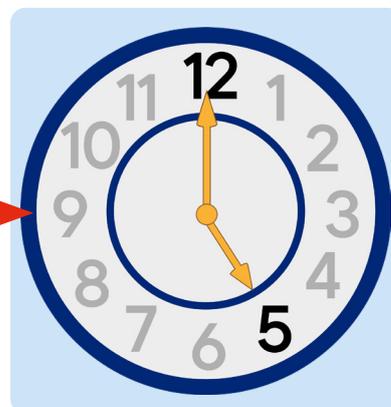
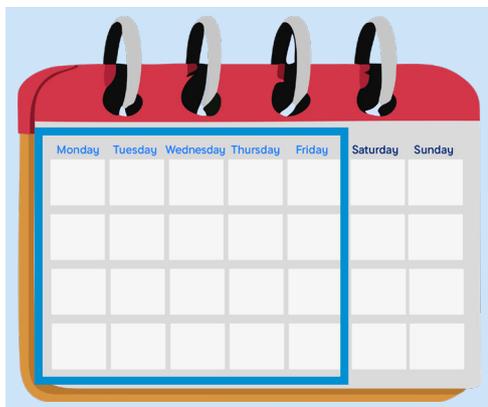


You can talk to someone on our support line.

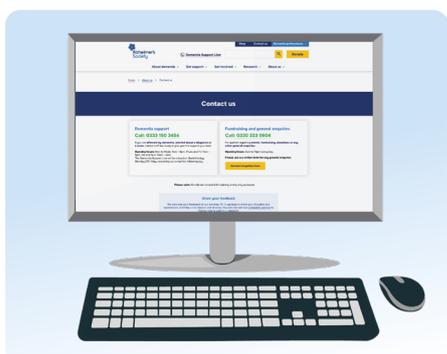
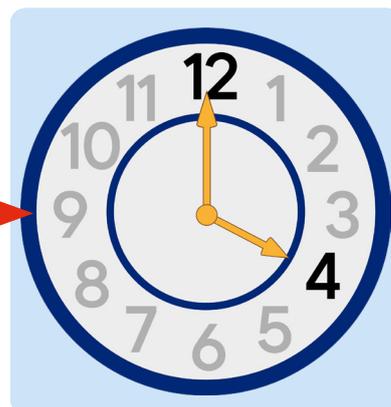
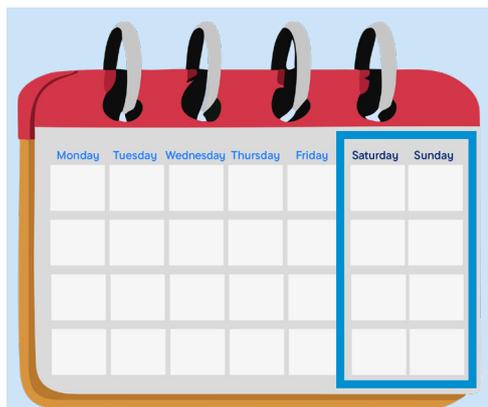
Call **0333 150 3456**

[www.alzheimers.org.uk/get-support](http://www.alzheimers.org.uk/get-support)

Monday to Friday: 9am-5pm



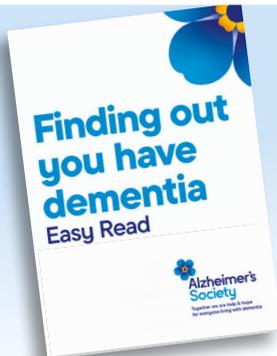
Saturday and Sunday: 10am-4pm



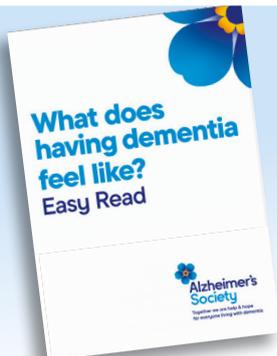
You can find more information on our website.

[www.alzheimers.org.uk/get-support](http://www.alzheimers.org.uk/get-support)

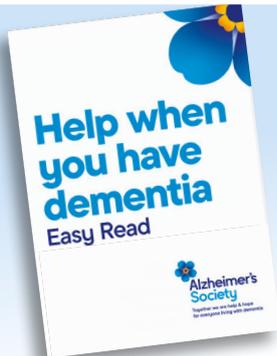
# More booklets for you



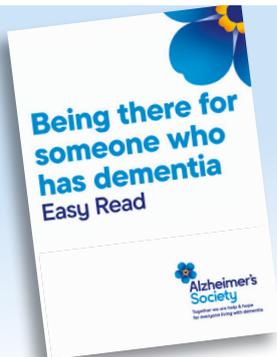
Finding out you have dementia



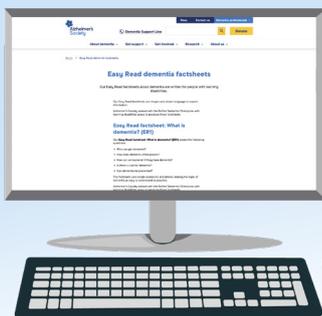
What does having dementia feel like?



Help when you have dementia



Being there for someone who has dementia



You can find out more information on our website.

[www.alzheimers.org.uk/easyread](http://www.alzheimers.org.uk/easyread)



## 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](mailto:publications@alzheimers.org.uk)

**Website** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

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