Five things you should know about dementia

1. Dementia is not a natural part of ageing
2. Dementia is caused by diseases of the brain
3. It's not just about losing your memory
4. It's possible to live well with dementia
5. There's more to a person than the dementia
Worried about your memory?

If you are worried, contact your GP. The earlier you seek help, the sooner you can get information, advice and support.

For more information:
Visit alzheimers.org.uk/memoryworry
Call the National Dementia Helpline on 0300 222 1122
A Dementia Friend is someone who...

Understands a bit more about what it's like to live with dementia and the little ways they can help.

To find out more please visit www.dementiafriends.org.uk
We are Dementia Friends!