

# 21. DEMENTIA

Dementia stops the brain working as well as it did.



This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).

It is free to use for personal use and with people you support.

People with learning disabilities are more likely to get dementia than other people.

People with Down's Syndrome are more likely to develop dementia at an early age.

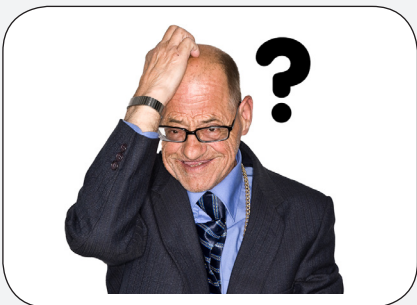


Half of people with Down's Syndrome will have dementia when they are 60 years old.

People with Down's Syndrome may start to show signs of dementia in their late 40's.

## 1 Does anyone think you should talk to your doctor about dementia?

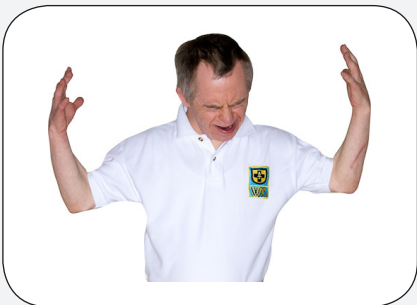
People with dementia can have problems like:



Forgetting things like the time or where they are. Feeling confused a lot.



Having difficulty communicating and getting upset a lot.



Behaving differently to how you usually behave.

It is important to see your doctor if you have any concerns.

There may be other reasons why you are feeling confused or getting upset.

## 2 If you have dementia do you need more support or aids to help you?

### Is your home dementia friendly?



People need a home that suits their needs whether it is supported living or a residential home.

- People need a calm and quiet place to live.
- Hazards like stairs and exits need to be made safe.
- Coloured toilet seats and doors stand out better for people.



If you are losing skills you may need a new social care assessment.

Your Care Manager can help you to get the extra support or equipment you need.

## Alzheimers Society

Alzheimers is the most common form of dementia. The Alzheimers Society website has advice and information on dementia.



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

## Down's Syndrome Association

The Down's Syndrome Association website has advice and information on supporting people with Down's Syndrome.



[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about dementia designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

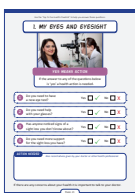


- There are 20 other checklists in the series covering a wide range of health issues.

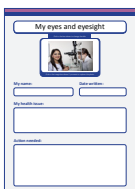
There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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