



An Australian Government Initiative



A.B.N. 27 084 251 669

Dementia Awareness Program



Understanding Dementia

July 2010

An Australian Government funded project helping Australians with dementia and their carers



An Australian Government Initiative



A.B.N. 27 084 251 669



What is Dementia?

Dementia is the name used to describe the symptoms of a large group of illnesses which cause a progressive decline in the way a person functions.



Source: Alzheimer's Australia, 2005, Information about dementia for young people, Help Sheet 6.1, Australia.

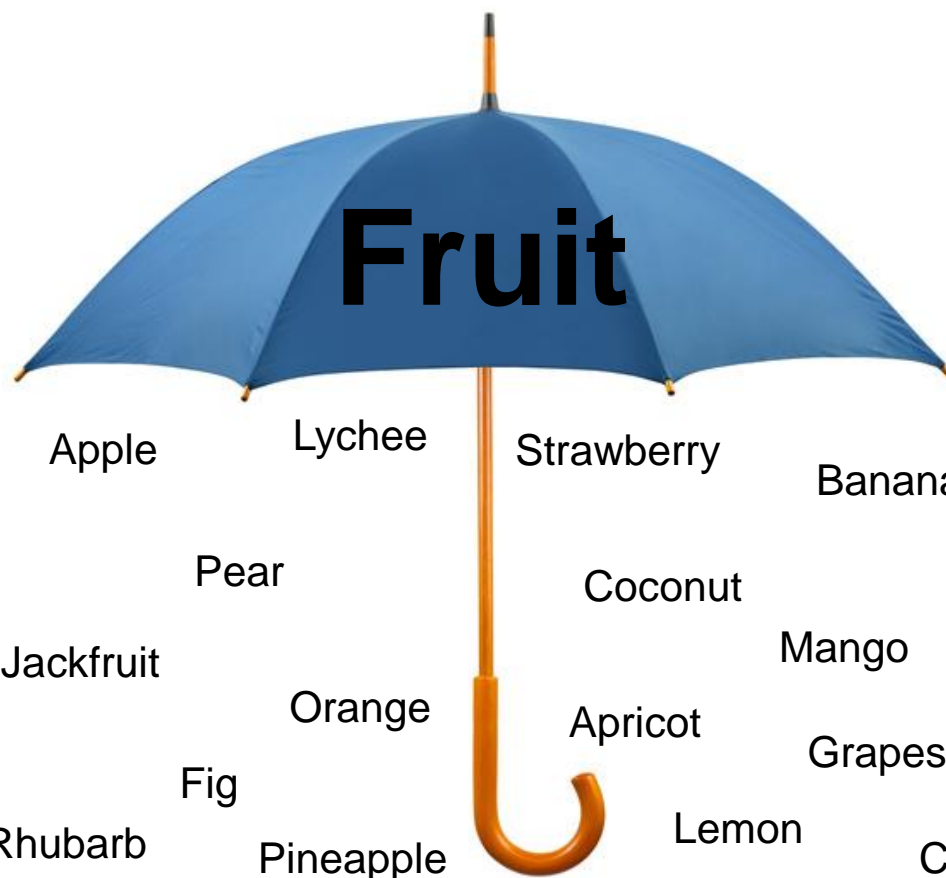
An Australian Government funded project helping Australians with dementia and their carers



An Australian Government Initiative



A.B.N. 27 084 251 669

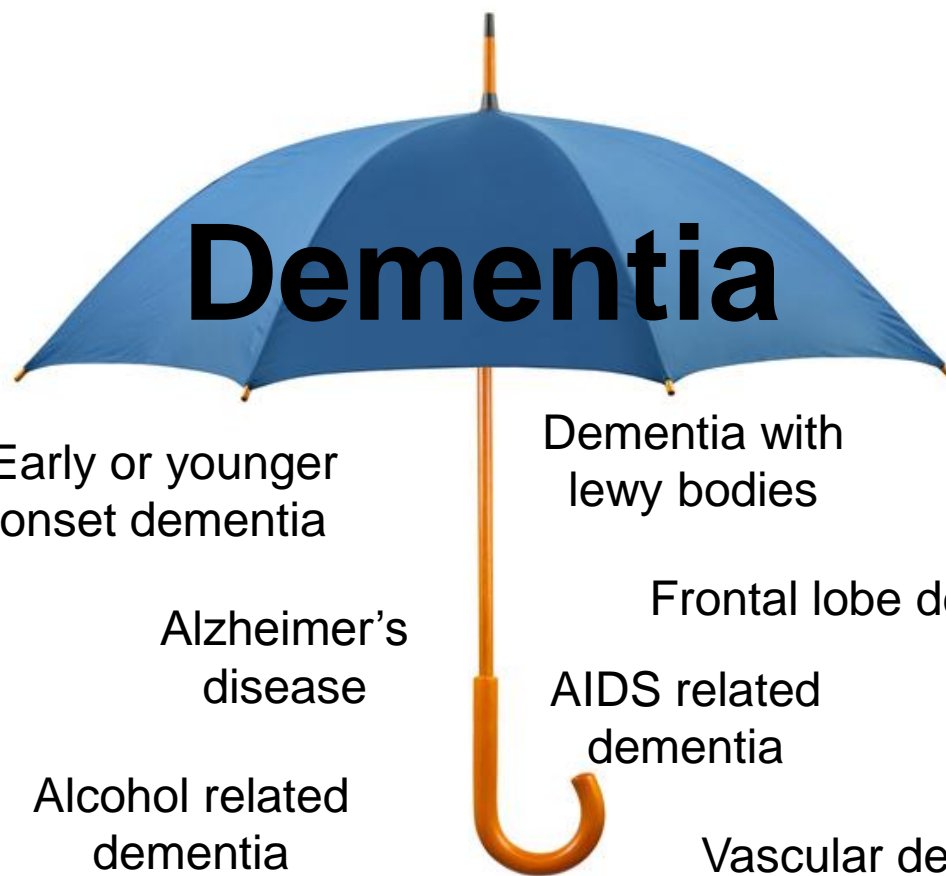




An Australian Government Initiative



A.B.N. 27 084 251 669





Types of Dementia

Alzheimer's Disease

- Most common type of dementia

Vascular Dementia

- 2nd most common type of dementia

Alcohol Related Dementia

- Due to too much alcohol
- Preventable

Younger Onset Dementia

- People under the age of 65 with dementia
- Not very common

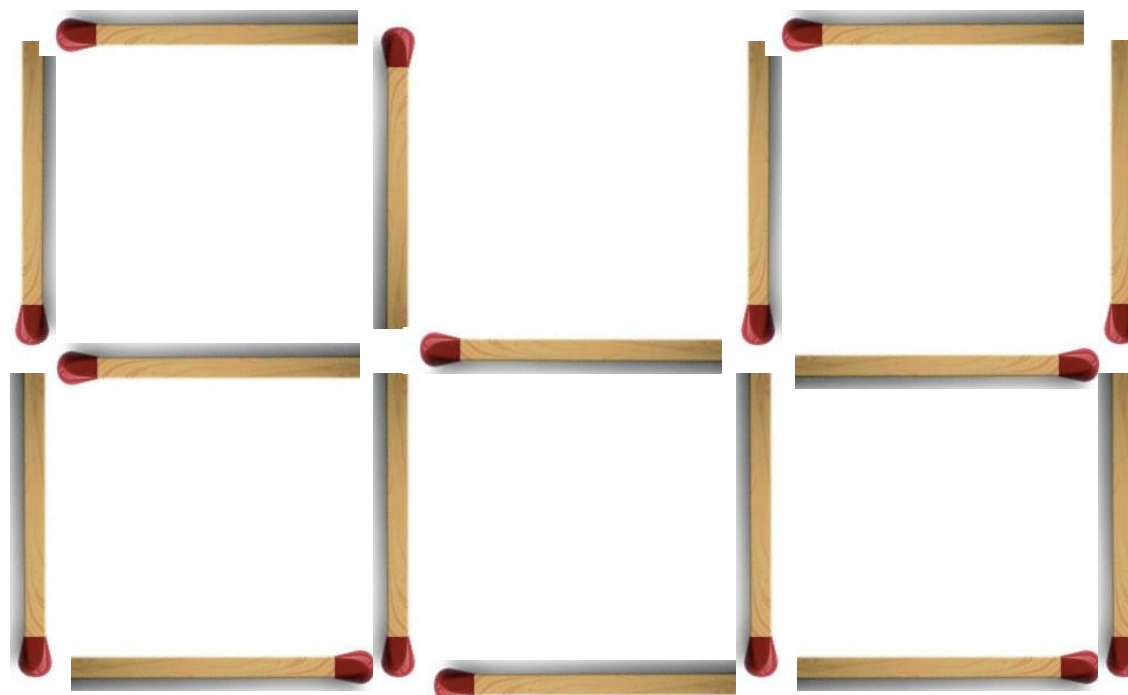




An Australian Government Initiative



Brain Teaser 1:



Move only one match to change the five squares into six squares



Facts about Dementia



- Dementia is **NOT** a normal part of ageing

Why? We all forget things from time to time. People in their 30's, 40's and 50's can also have dementia. But this is not very common.

- Dementia is **NOT** a mental illness.

What is it? It is a condition of the brain.

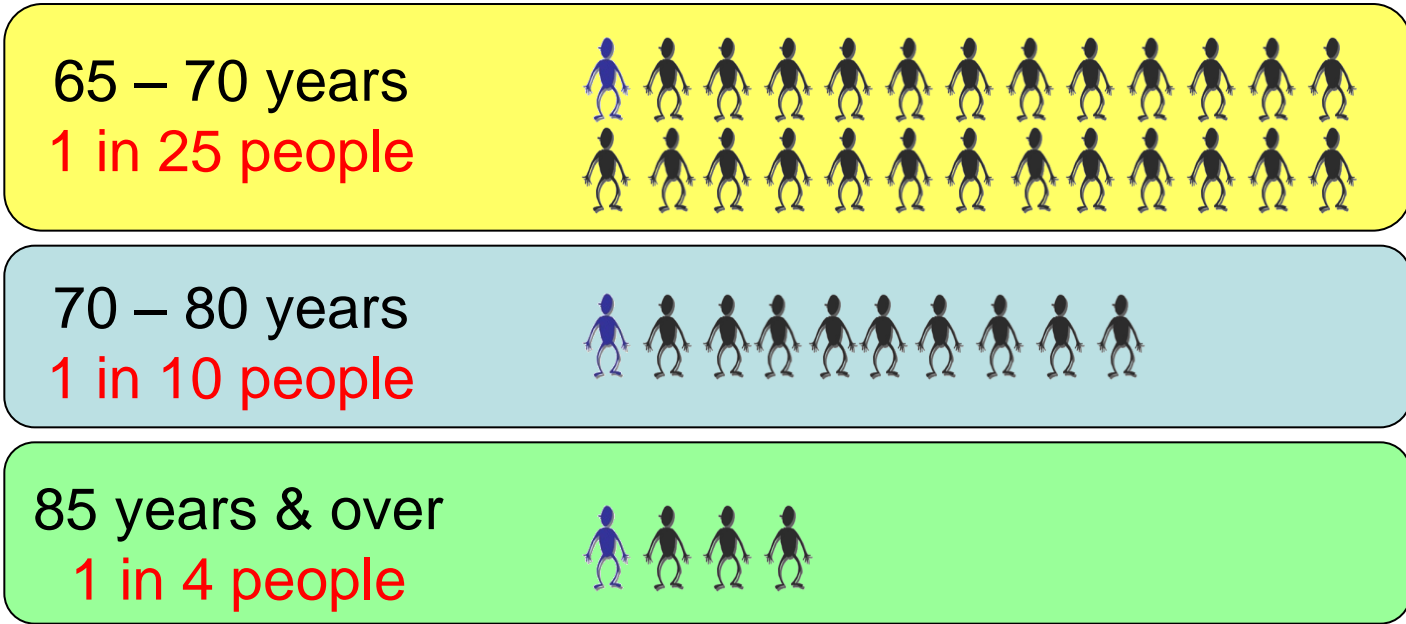
- There is currently **no cure** for dementia

Can I try to prevent it? Yes, by keeping your brain healthy.



Chance of developing Dementia

Dementia is more common in people over the age of 65. The older you are, the greater the risk.





An Australian Government Initiative



A.B.N. 27 084 251 669



Brain Teaser 2:



Find as many words as you can beginning with the letter **P**.

This can be an object or an idea.



An Australian Government Initiative



Who has dementia?



Mary ____



Helen ____



Antonio ____



George ____



David ____



The Brain

Frontal Lobes

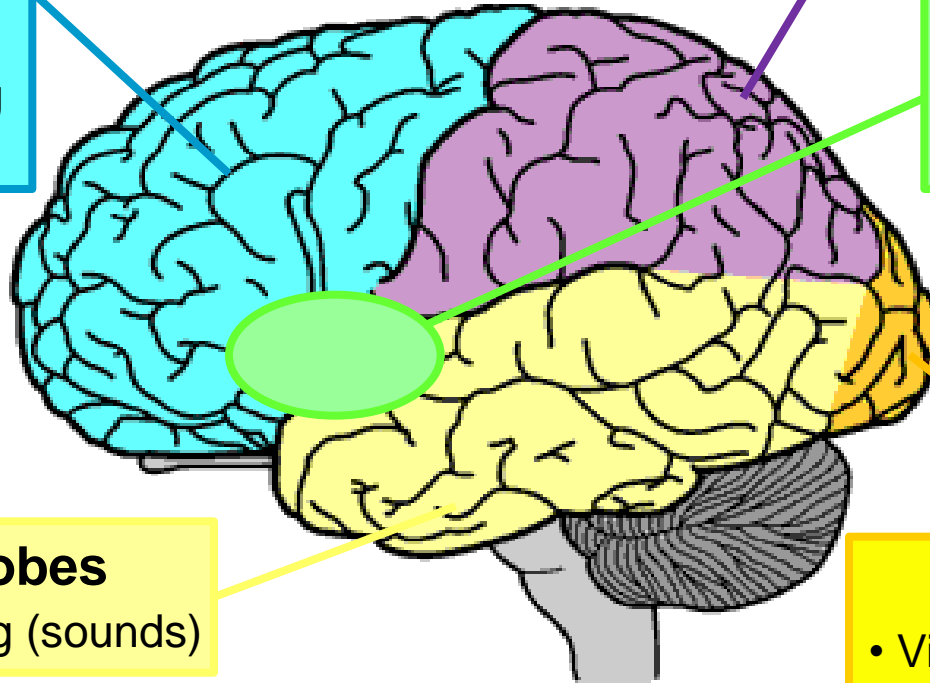
- Planning
- Organising
- Decision making
- Social Behaviour
- Starting & Stopping
- Concentration

Parietal Lobes

- Reading & Writing
- Speech & Language
- Sensory Processing
- Spatial orientation

Limbic Region

- Long term memories (forming & organising)
- Emotions (forming & processing)



Temporal Lobes

- Auditory Processing (sounds)

Occipital Lobes

- Visual Processing (seeing)



The Brain

Frontal Lobes

Example:

Parietal Lobes

Example:

Limbic Region

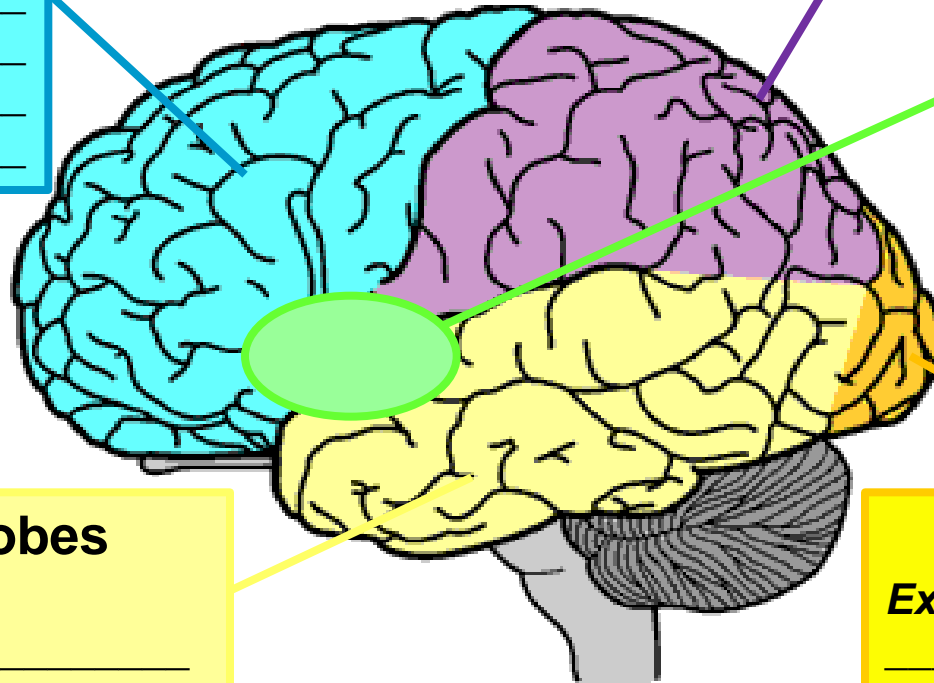
Example:

Temporal Lobes

Example:

Occipital Lobes

Example:





An Australian Government Initiative



MIGRANT INFORMATION CENTRE
eastern melbourne

A.B.N. 27 084 251 669



Changes in the Brain



A brain without disease



Brain with
Alzheimer's Disease

Source: Alzheimer's Association, 2010, Inside the Brain: An Interactive Tour, United States of America.

An Australian Government funded project helping Australians with dementia and their carers



An Australian Government Initiative



MIGRANT INFORMATION CENTRE
eastern melbourne

A.B.N. 27 084 251 669



Changes in the Brain



Comparing the two brains

Source: Alzheimer's Association, 2010, Inside the Brain: An Interactive Tour, United States of America.

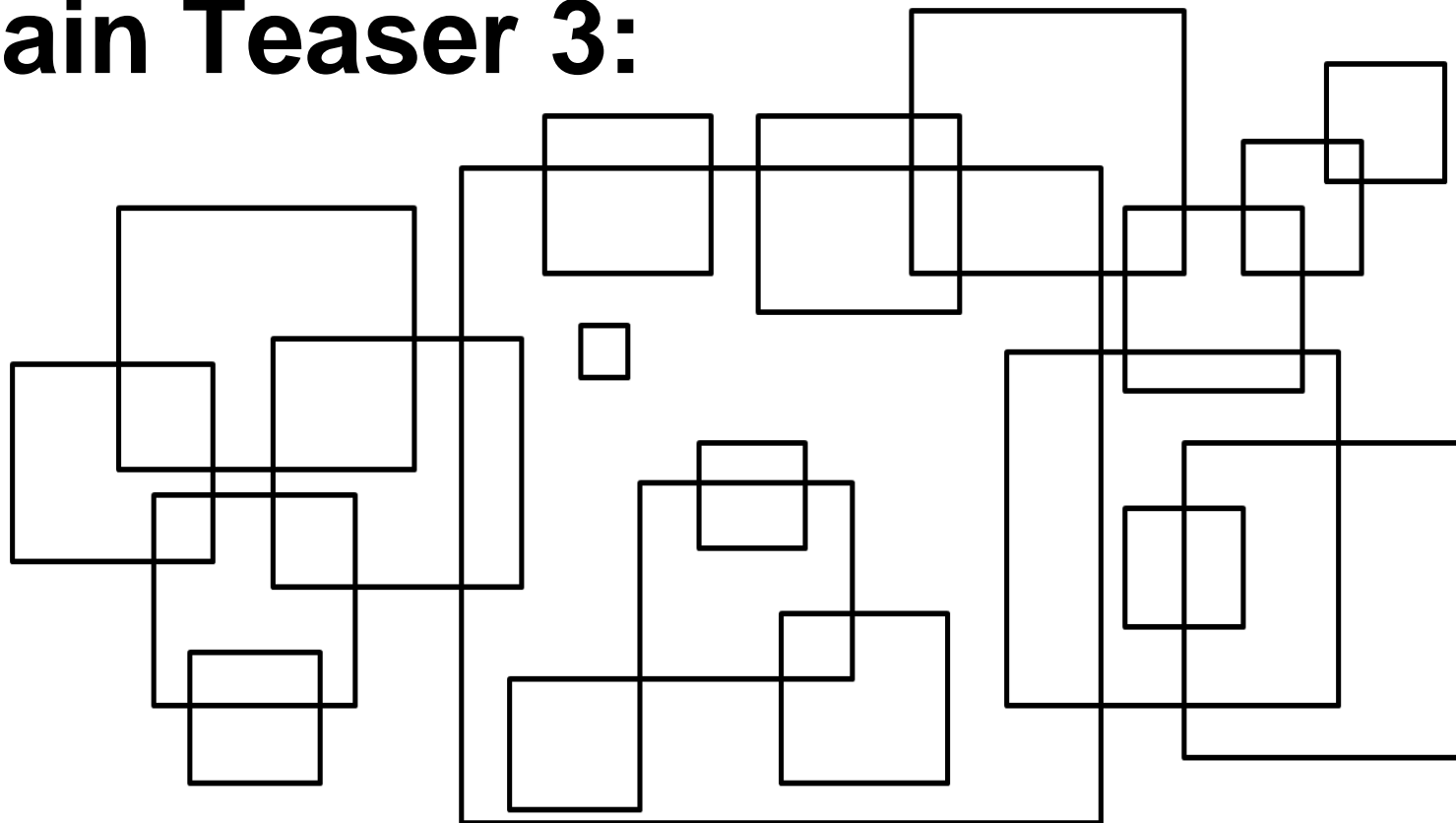
An Australian Government funded project helping Australians with dementia and their carers



An Australian Government Initiative



Brain Teaser 3:



How many squares can you see?

Answer: _____

Adapted from: Reader's Digest, 2005, 101 Ways to Improve your Memory, France, pp. 69.



What problems do people with dementia have?

Dementia affects everybody differently

- Memory loss
- Difficulty communicating
- Problems thinking
- Problems recognising people
- Personality change
- Not able to learn new information
- Repeating the same story over and over





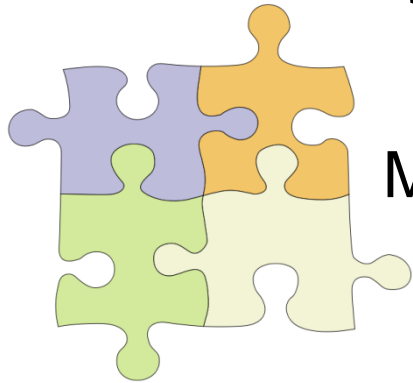
An Australian Government Initiative



A.B.N. 27 084 251 669



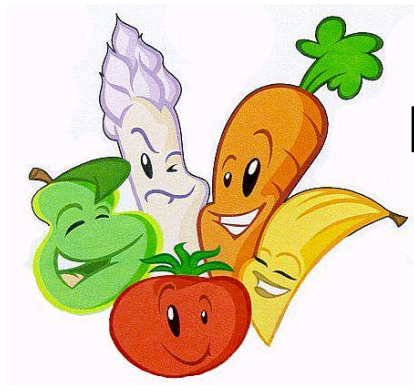
Mind your Mind



Mind your **Brain**



Mind your **Body**



Mind your **Diet**



Mind your
Health Checks

Source: Alzheimer's Australia, 2008, Mind Your Mind, Brochure, Australia.

An Australian Government funded project helping Australians with dementia and their carers



An Australian Government Initiative



MIGRANT INFORMATION CENTRE
eastern melbourne

A.B.N. 27 084 251 669



Mind your Mind



Mind your
Social Life



Mind your **Head**



Mind your **Habits**

Source: Alzheimer's Australia, 2008, Mind Your Mind, Brochure, Australia.



For more information

- National Dementia Helpline:
FREECALL™ 1800 100 500
- Carer Advisory and Counselling Service:
FREECALL™ 1800 242 636
- Aged Care Information Line:
FREECALL™ 1800 500 853
- Commonwealth Respite and Carelink Centres:
FREECALL™ 1800 052 222
- Direct2Care:
LOCAL CALL 1300 121 121