

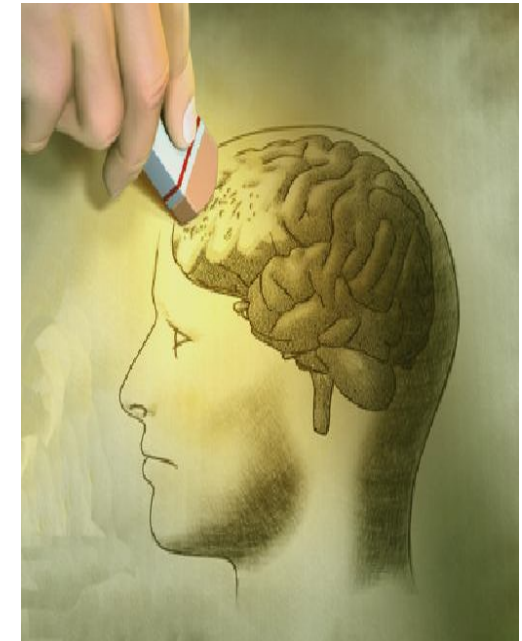


Myths & Facts

Myths	Facts
It is common to forget as people age	In dementia, it is an abnormal condition where the person forgets the familiar concepts
There are treatments available to stop Dementia	Most of the dementias cannot be stopped. However, the progression can be made slow
Persons with dementia have to be isolated	Good social environment is

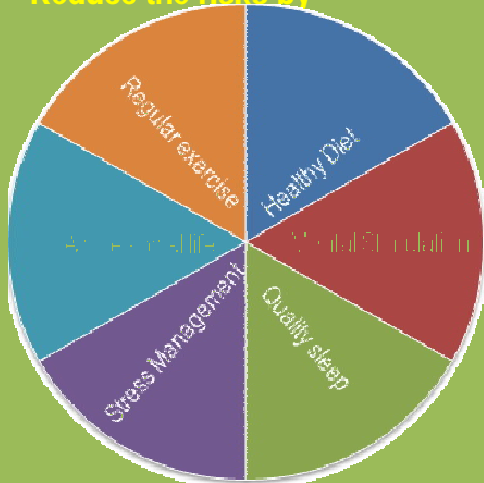


Dementia



*Effective communication
by one and all*

Reduce the risks by



All India Institute of Speech and Hearing,
Naimisham Campus, Manasagangothri, Mysore-
570006

Phone no: 0821-2502000, 2502100, 2502704
Toll Free no. 1800 425 5218, Fax: 2510515
Email: director@aiishmysore.in
Website: www.aiishmysore.com

Working hours: 9:00 am to 5:30 pm- Monday to
Friday (Except on central Govt. Holidays)



All India Institute of
Speech and Hearing

Get help from

- Volunteer organizations
- Dementia support groups

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Designed by Mukthi Subramania/Department of
Material Development/ 2013

Did you know?

Dementia is a disorder which is identified across millions of people in their old age leading to a global growing concern.

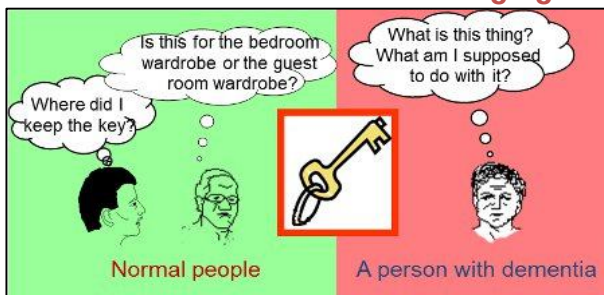
Dementia is a progressive neurological condition which disrupts a person's ability to remember, think, speak, behave and move around for their day to day activities.

Alarming Signs of Dementia

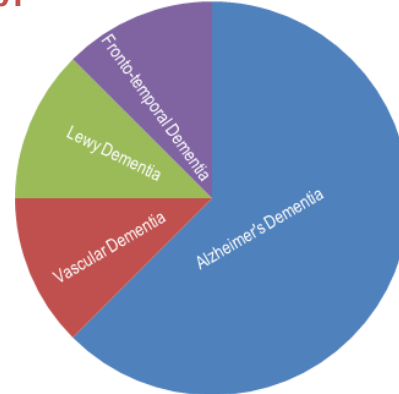
Check for frequent occurrence of many of these symptoms if you suspect dementia.

- ▶ Difficulty in remembering names, dates and important numbers
- ▶ Difficulty in identifying familiar faces
- ▶ Difficulty in finding appropriate words and forming sentences
- ▶ Poor judgment and thinking
- ▶ Sleep disturbances
- ▶ Disorganized thoughts
- ▶ Difficulty in following the order of routine activities such as cooking, driving etc
- ▶ Frequent mood swings, anxiety, frustration, agitation and depression
- ▶ Growing suspicious about people around
- ▶ Dull and lazy to move around
- ▶ Unhygienic appearance
- ▶ Temper tantrums and violent behaviours
- ▶ Miscalculations

What is normal and abnormal aging?



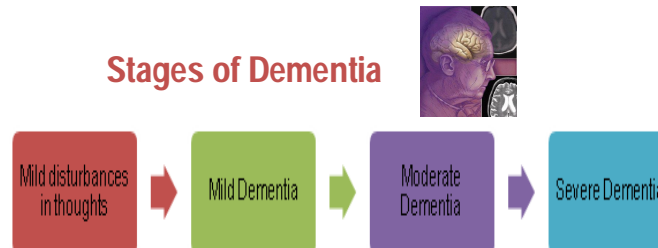
Types of Dementia



Risk Factors for Dementia

- ❖ Aging
- ❖ Family history
- ❖ Genetics
- ❖ Medical conditions that causes brain cell death such as repeated stroke, Parkinson's disease, head injury, tumor etc
- ❖ Metabolic and nutritional disorders such as diabetes
- ❖ Unhealthy life style such as alcoholism, smoking. etc

Stages of Dementia



Seek help from

- Don't panic! First approach a general physician/ neurologist to confirm your doubts.
Go for a detailed testing if suggested and take medical treatment as recommended



- Improve the person's quality of life with the support of physiotherapists, psychologists, speech-language pathologists and occupational therapists.



- Good family support and care yields the best outcomes of all treatments.
Positive social network by friends and family members, social workers, nurses, volunteers and other support organizations

