

Six things you should know about dementia

Home Care Preferred is a local care agency providing support for people in their own homes. With a high percentage of their clients living with dementia, the award winning company seeks to assist, not only their clients, but also family & friends who are facing the often difficult, dementia journey. Here are five important facts about Dementia:

1. Dementia is not a natural part of ageing

Dementia doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset or young-onset dementia.

2. Alzheimer's is a form of dementia

People sometimes think that Alzheimer's and Dementia are two separate conditions. Alzheimer's is one of the many types of dementia and the most common

3. Dementia is caused by disease of the brain

Diseases such as Alzheimer's disease cause nerve cells to die, damaging the structure and chemistry of the brain. There are lots of other causes and no two types of dementia are the same. Different types of dementia cause damage to different parts of the brain.

4. It's not just about losing your memory

When people hear the word dementia, they typically think of memory loss.

Dementia does often start by affecting the short-term memory. Someone with dementia might repeat themselves and have problems recalling things that happened recently. But dementia can also affect the way people think, speak, perceive things, feel and behave.

5. People can still lead a quality life with dementia

Although there is no cure for dementia, researchers are working hard to find one.

Until there is a cure, support and treatments are available that can help with symptoms and managing daily life. Often these can allow people with



dementia to lead active, purposeful lives and carry on doing the things that matter to them most.

6. Home Care Preferred is available to help

In addition to providing support for people in their own homes, Home Care Preferred can also provide information literature and a friendly person to talk to. Home Care Preferred even have their own dementia library where books can be borrowed free of charge.

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