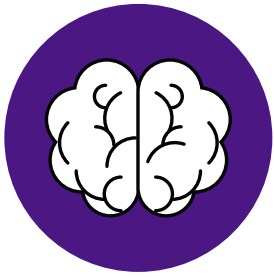
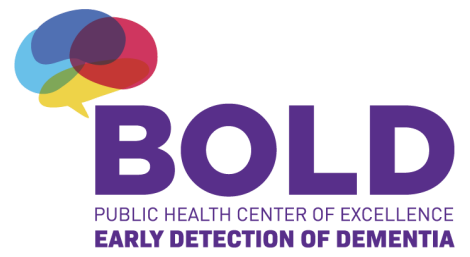


WHAT IS DEMENTIA?



DEMENTIA

Dementia is a general term used to describe a decline in memory or other cognitive abilities that affects everyday life

IS DEMENTIA PART OF HEALTHY AGING?

No, many people in their 90's or older do not have dementia.



SYMPTOMS OF DEMENTIA



Symptoms of dementia can vary but commonly include:

- Short-term memory
- Communication
- Planning ahead

Many symptoms worsen over time, and new ones may appear such as disorientation or periods of confusion.

CAUSES OF DEMENTIA

Brain diseases or injuries cause dementia. The parts of the brain most affected influence the symptoms that occur. Alzheimer's disease is the most common disease that causes dementia in older people.



PEOPLE DIFFER IN THE WAY DEMENTIA AFFECTS THEM



All dementia interferes with some everyday activities. But people with dementia can still do lots of things and enjoy life!

TREATMENT AND CARE



The first step is recognizing the problem, then seeking a good medical evaluation. After that, health care providers and community services can offer resources for support, adapting to changes, and help in living well.

Sources: Alzheimer's Association, The Centers for Disease Control and Prevention, National Institute on Aging

FOR ADDITIONAL DEMENTIA-RELATED RESOURCES, ACCESS OUR WEBSITE [HERE](#)