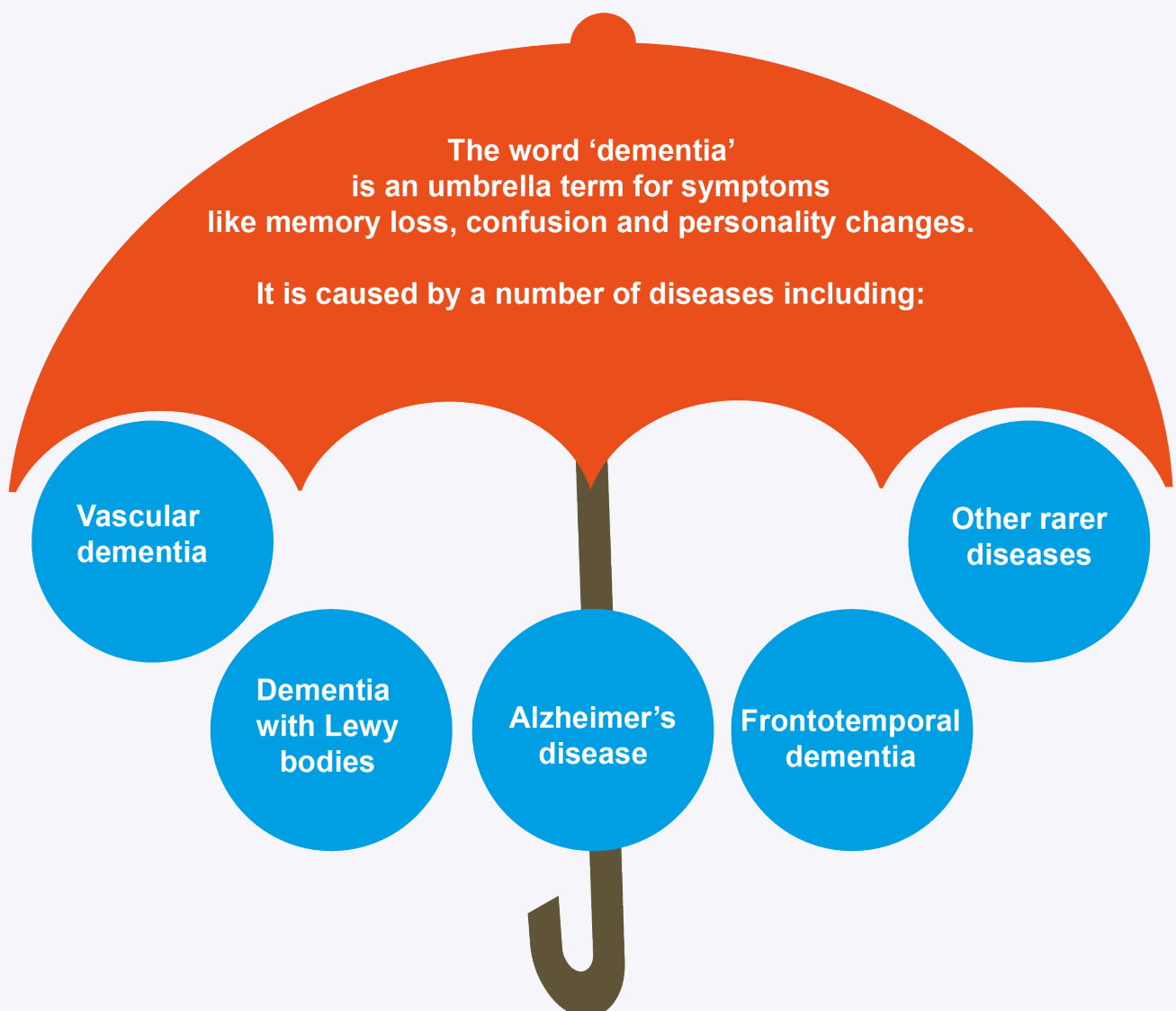




## Types of memory problems / Dementia

Dementia is the broad term used to describe a number of different conditions affecting the brain, including Alzheimer's disease, Vascular dementia, Frontotemporal dementia, and more.



Although different, the signs and symptoms of each condition can be similar - for example: short term memory loss; confusion; disorientation; changes in mood; anger; anxiety and getting lost.

People may start to live in the past, talk about family who have passed away, want to go 'home' when they are at home (they may be thinking about a childhood home), not recognise sons/daughters, can't remember what they did a few minutes ago.



Problems may also include perception, judgement, communication and motor skills. People may struggle to make a meal or cup of tea, use a knife and fork, chew food, get dressed in the correct order, they may have difficulty with carpet or wallpaper that is very patterned, or not want to walk over a black mat as they see it as a black hole. These are just a few of the symptoms, there may be many more.

These are **NOT** mental health illnesses but physical illnesses affecting the brain and the functions of the brain. There are 4 main types of dementia: Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia, Frontotemporal Dementia. However it is estimated there may be over 200 different types of dementia.

In 2015 there were 850,000 people in the UK with a diagnosis of some type of memory issue - 25,000 are estimated to be from a minority ethnic background. Evidence suggests vascular dementia is more common in minority ethnic groups due to higher risk factors such as diabetes, hypertension, and cardiovascular disease.

5 out of 6 people diagnosed with dementia are under the age of 80, this shows that, although the chances of developing dementia are greater as you get older, younger people can also be affected.