



Medication

Currently there is no cure for memory issues and dementia, however there are some medications which can improve some symptoms or slow them down. These medications are for Alzheimer's Disease, but you may also be given them if you have Mixed Dementia (usually Alzheimer's and Vascular Dementia). The medication works best if you have an early diagnosis and start treatment early. However, the medication does not work for everyone.

There are 2 types of medication used for Alzheimer's Disease:
Cholinesterase Inhibitors & NMDA Receptor Antagonists



- Any treatment will be given by a doctor who specialises in this area, usually at the Memory Clinic.
- You will have regular check-ups and assessments.
- The doctor may talk to your family about your treatment.
- Treatment will only continue as long as it is having a worthwhile effect.

If you have **Vascular Dementia**, the only medication available is to treat the vascular symptoms – for example: blood pressure and cholesterol medications, monitoring heart function and blood pressure.

Another medication which may be used for people with dementia is antipsychotic medication. Antipsychotic medications are only be used when someone is extremely distressed or agitated, being aggressive, and they are in danger of harming themselves or others. These are major tranquillisers and they have a calming and sedative effect on the person, however, there have been concerns about the over-use of these types of drugs and they should only be used if other medications and treatments fail.

Non drug treatments

Spending time with other people, attending groups, cafes, doing some exercise, music & dance, reminiscence therapy, arts & crafts, massage therapies and many others are all helpful if you have memory issues or dementia.



Sundowning

Some people are more confused and agitated around dusk and into the night-time. This may be because of lower lighting and shadows, physical and mental tiredness at the end of the day and changes in the body clock. Symptoms will usually disappear after a night's sleep but then may happen again the next evening.

