



**Alzheimer's  
Scotland**  
Action on Dementia

# Dementia Friends

**Victoria MacLeod, Dementia Advisor**

**01436 678050**

**[vmacleod@alzscot.org](mailto:vmacleod@alzscot.org)**

# Outline

What is Dementia Friends?

5 Key messages

Activity: broken sentences/ an everyday activity

Recap of 5 key messages

Turning Understanding into Action



# What is Dementia Friends?

By the end of the session you will:

- **Know the 5 key things that everyone should know about dementia**
- **Turned your understanding into action**
- **Understand the role you can play in creating age-friendly communities**



# 5 Key Messages: What is Dementia?

**1) Dementia is not a natural part of getting older:**

- **Most older people do not have dementia**
- **We can expect our memory to deteriorate a little as we get older**
- **Dementia doesn't just affect older people**
- **We all get forgetful at times, it doesn't mean we have dementia**

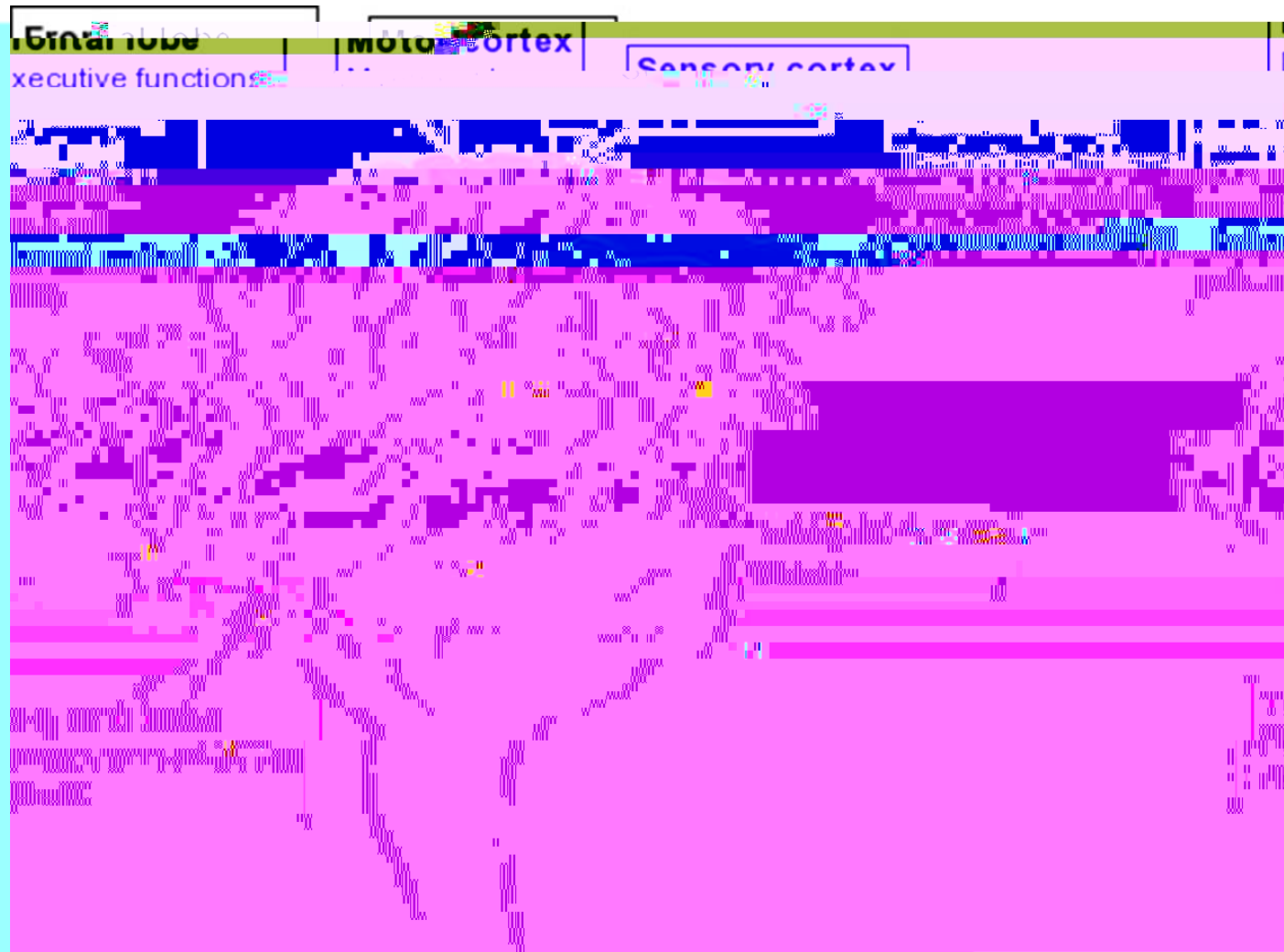


## 2) Dementia is caused by diseases of the brain

- Dementia is an umbrella term and describes a range of symptoms
- These symptoms happen through damage to the brain
- The most common cause of this damage is Alzheimer's Disease



### 3) It's not just about memory loss...







# 5) There is more to the person than the dementia



# Activity: Match the broken sentences



# The bookcase Analogy

Shelves are periods of your life, top most recent

Each book represents a memory or skill

Dementia rocks the bookcase and books fly off

As dementia progresses my upper shelf will empty: my memories will come from further down



Different parts of the brain are affected differently

### **Hippocampus:**

Factual & biographical info = faces, names, numbers etc.

Bookcase made of plywood, lots of books will fall off

**Amygdala:** emotions & feelings, bookcase made of solid oak



# Activity: An Everyday Activity

## Making a Cup of Tea

What functions of the brain are required?

Movement

Vision

Coordination

Logic

Sequencing

Memory



# Recap on 5 key messages

- 1) Dementia is not a natural part of ageing
- 2) Dementia is caused by diseases of the brain
- 3) Dementia is not just about memory loss
- 4) It is possible to live well with dementia
- 5) There is more to a person than dementia



# Turning Understanding Into Action

What does dementia friendly mean to you?

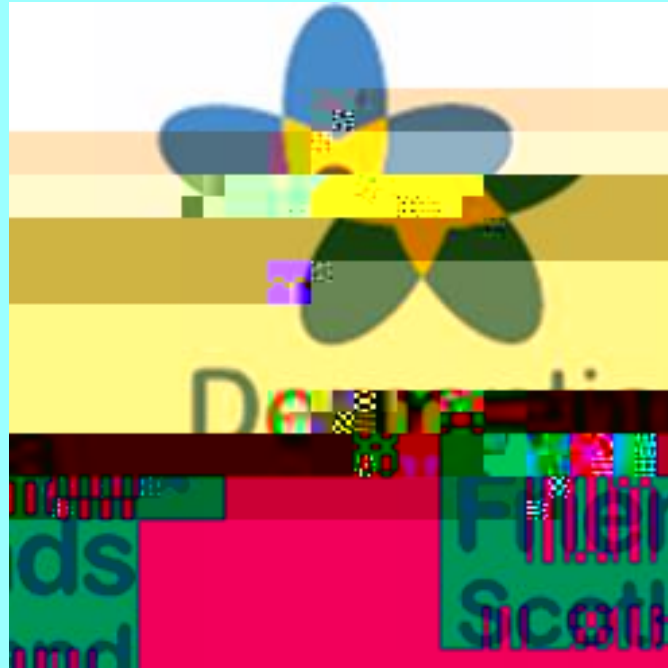
Referring to people as living with dementia







# Congratulations!! You are all now Dementia Friends!!



More information:

<http://www.dementiafriendsscotland.org/>

[www.alzscot.org](http://www.alzscot.org)





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