

More than forgetting

Understanding dementia in later life

What is dementia?

- Dementia looks a lot like memory loss, however, it is very different.¹
- The early signs of dementia are very subtle, often not involving memory loss, and are often harder to detect.²
- Dementia develops at different rates in different people.²
- Some dementia doesn't affect memory at all, but instead affects a person's ability to communicate, recognize people, words or objects.³

What does dementia look like?²

- Memory loss
- Loss of judgment
- Difficulty making decisions
- Changes in personality
- Challenges with speech and understanding language
- Difficulty spending time with loved ones



How can I stay well?⁹

- Be active and eat well⁴
- Create a routine for going to bed⁴
- Wear hearing aids⁵
- Connect with your community and loved ones⁶

Where can I get help?



Resources and support for dementia and other mental health problems are available in your community.

For more information, connect with any of the following organizations:

ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.
www.connexontario.ca
1-866-531-2600

Alzheimer Society Ontario

alzheimer.ca/en/on **1-800-879-4226**

Canadian Mental Health Association

<https://ontario.cmha.ca/> **1-800-875-6213**

Centre for Addiction and Mental Health

www.camh.ca **1-800-463-2338**

Community Information Centres

www.211Ontario.ca **Dial 211**

Senior Active Living Centres

<https://www.ontario.ca/page/find-seniors-active-living-centre-near-you>
1-888-910-1999

Resources

Alzheimer's disease or dementia, Centre for Addiction and Mental Health <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/alzheimers-or-dementia>

Alzheimer's disease: What to expect, Alzheimer Society of Canada https://alzheimer.ca/sites/default/files/files/national/core-lit-brochures/core-literature_what-to-expect.pdf

References

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4. Bombois, S., Derambure, P., Pasquier, F. & Monaca, C. (2010). Sleep disorders in aging and dementia. *The Journal of Nutrition, Health & Aging*, 14 (3), 212–217.
5. Thomson, R.S., Auduong, P., Miller, A.T. & Gurgel, R.K. (2017). Hearing loss as a risk factor for dementia: a systematic review. *Laryngoscope Investigative Otolaryngology*, 2 (2), 69–79.
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