



No two dementia mate wareware journeys are the same, that's why we're here to walk alongside you.

We are here to help

Dementia New Zealand are here by your side to help you and your whānau.

Dementia could affect anyone

Dementia is not a normal part of ageing. The truth is, anyone can get dementia.

It affects people from all backgrounds and while it's more common in older people, younger people can be affected too.

An early diagnosis means:

1. Access to support, education and programmes to live well.
2. Sets up a strong network of support.
3. Allows the chance to plan for the future

 www.dementia.nz

 info@dementia.nz

  



What is dementia?

Dementia is the umbrella term to describe a wide range of progressive neurological conditions.

- Dementia is a brain disease, causing physical changes in the brain.
- You can't see dementia, it's an invisible disability that over time can affect memory, thinking, communication, mood and behaviour.
- Symptoms vary and gradually get worse over time.
- Every person's journey through dementia is unique and different.

What are the early signs?

- Memory Loss
- Difficulty performing tasks
- Problems with language
- Disorientation to time and place
- Poor or decreased judgement
- Problems keeping track of things
- Misplacing things
- Changes in mood or behaviour
- Trouble with visual images and spatial relationships
- Withdrawal from work or social activities

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A dementia diagnosis will raise all sorts of concerns and worries, which is normal. It's important to know that life doesn't stop with a dementia diagnosis, there can be light in the darkness. With the right support, people can be assisted to live well with dignity and independence for as long as possible.

Dementia Advisor Support

Professional dementia advisers provide comprehensive support, information and resources.

- Consultations and advice
- Navigation through the healthcare system
- Home visits, phone and video conferencing support

- Individual and family group consultations

Living Well Groups (location dependent)

A community-based programme offering meaningful, purposeful activities for people with mild to moderate dementia.

The focus is on participation, socialising, and fun in a non-judgmental, friendly environment. Living well groups are designed for people with dementia to experience engagement, achievement, and success - improving confidence and self-esteem.

Carer Education Courses

Designed for carers, family and whanau of people living with a diagnosis of dementia. Delivered in person or online with day and evening options provided.

- Learn about Dementia and get your questions answered
- Skills and strategies including communication
- Tools for problem solving and managing stress

Dementia Talks (Cost involved)

One off interactive online education sessions suitable for people living with dementia, carers, families and healthcare professionals, providing a deeper level of knowledge on a variety of topics related to dementia.

Community Talks

We provide face-to-face or online community talks to non profit and community groups about understanding Dementia and Brain Health.



Professional Education Courses (Costs involved)

Education delivered to residents and staff in professional settings (Residential Villages and Care Facilities), university students and private business organisations with an interest in Dementia. Topics include for example:

- Brain Health Awareness
 - Understanding Dementia
 - Managing Behaviours that Challenge
- How to become a Dementia Friendly Community, or
- Tailor made sessions that meet the needs of the organisation.

What can you do if you're concerned about yourself or someone you know?

Confusion or forgetfulness may not mean someone has dementia but if you're concerned about changes in someone it's helpful to seek advice.

- Gently broach the subject and express your concerns.
- Give the person time to get used to the idea of having a review by a GP.
- Book a double appointment with the GP, let the GP know the reason for the visit prior to the appointment.
- Write a list of concerns before the appointment.
- Where possible attend the appointment together. Where this is not possible go to the GP by yourself to share your concerns about the person you support.
- A referral may be made to a specialist for a more in-depth assessment including cognitive testing, CT or MRI scans.
- Allow the person time to adjust if a diagnosis of dementia is confirmed.
- For more information and a range of support options, contact us and we'll be in touch to help.