

Dementia



What is Dementia?

People who forget things all the time, repeat the same story, get lost, think people are stealing their things or get frightened at night (maybe seeing things) might have dementia.

They might



Wander around and get lost

Do things over and over again, repeat stories

Call out especially at night

Forget things

Think people doing bad things to them

Talk wrong way, break lore/law

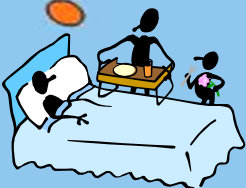
What makes me forget?



These things can cause dementia:



Old Age
Head Injury
Stroke
Diabetes
Brain Infections
Sometimes all of these things together



People with Dementia can also have delirium and may need treatment for both problems – see delirium sheet.



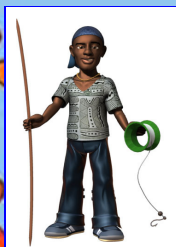
What helps if you have dementia?

OUTSIDE HELP

- Regular Family support
- Yarning old stories
- Same routine
- Traditional Healer
- Clinic Mob
- Aged Care/Mental Health Mob
- Memory tablets with dosette or webster
- Hunting, fishing, dance
- Going to country
- Stopping gunja, alcohol or other drugs

INSIDE HELP
Family know about disease

- Family help by:-
- Remind about totems, family, elders.
 - Remind what keeps you strong- spiritually, physically, socially and emotionally
 - Keep quiet time
 - No Humbug
 - Keep respect for person.



How do you/family help?



- All family can help
- Keep things same old way
- Listen to old stories
- Don't get cranky about forgetting
- Keep safe at night
- Don't get upset about blaming
- Eat good food, don't get drunk



This information sheet is produced by AIMHI NT - 2007 in collaboration with NT Dementia Behaviour Management Advisory Service. We invite your feedback and comments.
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