

If you're worried about your memory, or think you may have dementia, it's a good idea to see a GP.

Contact your doctor's surgery for advice.



And if you're worried about someone else's memory problems, encourage them to make an appointment with their doctor's surgery and perhaps suggest that you go with them.

Dementia is not a normal part of getting older. Signs and symptoms may include memory loss, confusion and needing help with daily tasks, problems with language and understanding, changes in behaviour.

Getting a diagnosis gives you and your family the best chance to prepare for the future.

With treatment and support from healthcare professionals, family, and friends, many people are able to lead active, fulfilling lives with dementia. Getting a diagnosis can be daunting, but research shows that 91% of people affected by dementia felt that it was better to know.

For more information about dementia:

- NHS information about dementia, including diagnosis: www.nhs.uk/conditions/dementia/
- The Dementia Advice Sheffield service provides a one-stop shop, first point of contact service to respond to any non-clinical dementia-related query from a person who is living with dementia or their family carer. Contact Dementia Advice Sheffield now on e-mail: dementiaadvice@ageuksheffield.org.uk or telephone (0114) 250 2875.
- Alzheimer's Society: www.alzheimers.org.uk or call the Dementia Connect support line - dementia advisers will listen and give you support and advice, and connect you to help you need. Telephone: 0333 150 3456.