

A booklet about  
dementia for adults  
with Down's syndrome.



# Let's talk about dementia

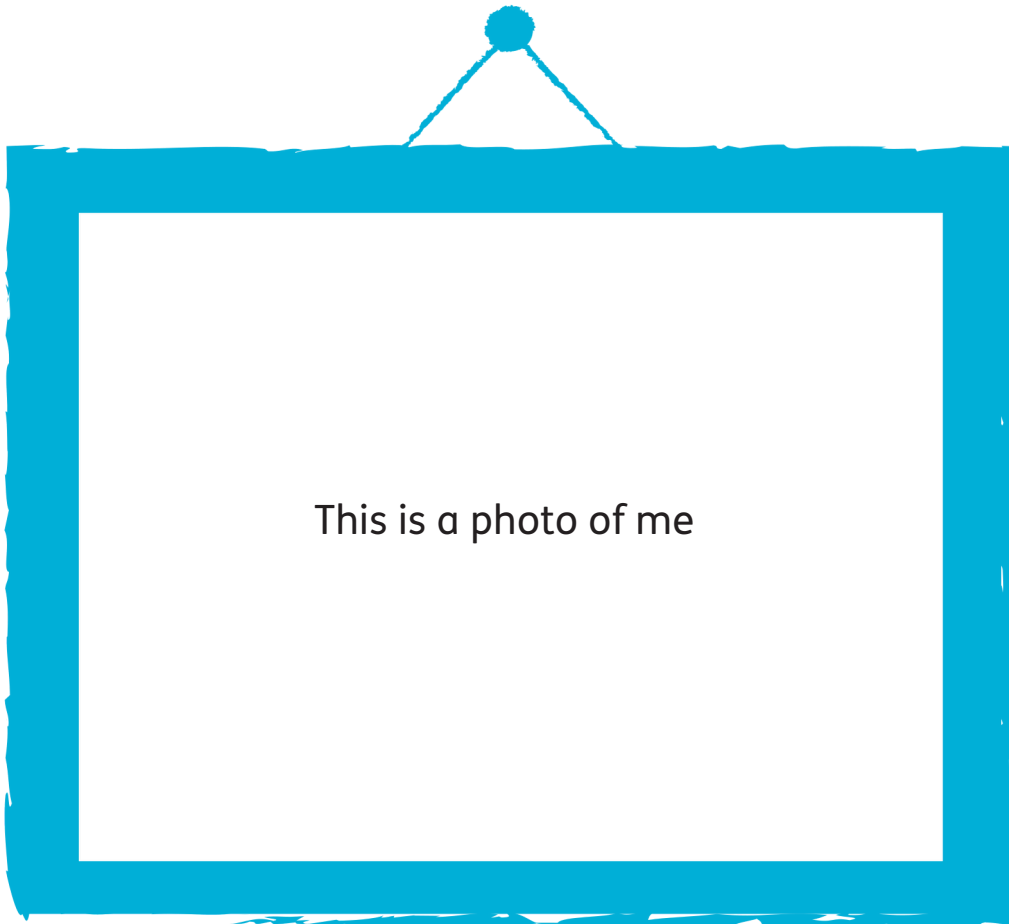


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**My name is:**

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**We are talking about dementia because:**

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# What is dementia?

Dementia is an illness in the brain.



It affects many things, but mostly the way people remember and do things.

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# What does our brain do?

**Our brain helps us to do everything.**

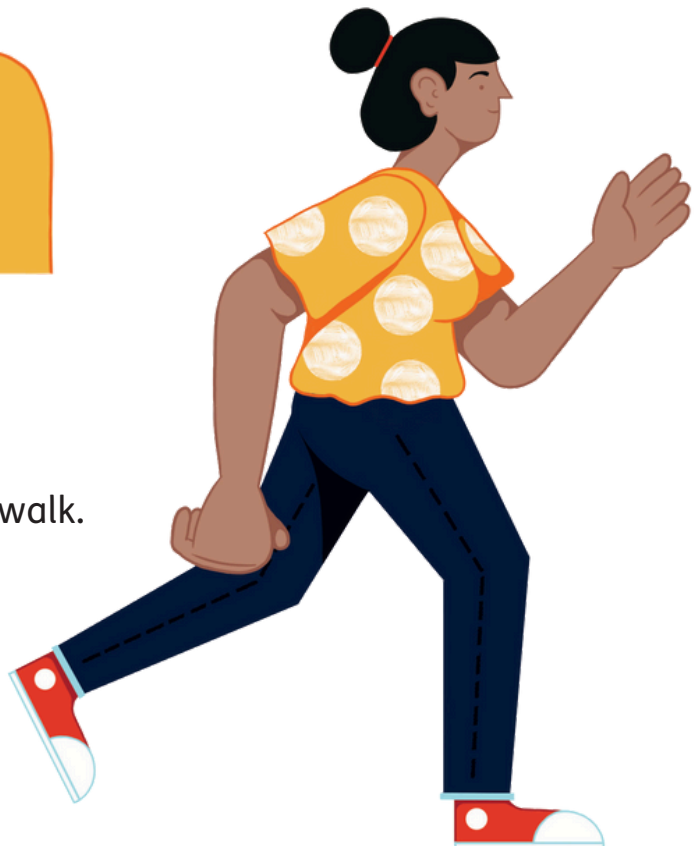
**It tells our body what to do.**

**These pictures show some of the things our brain helps the body to do.**

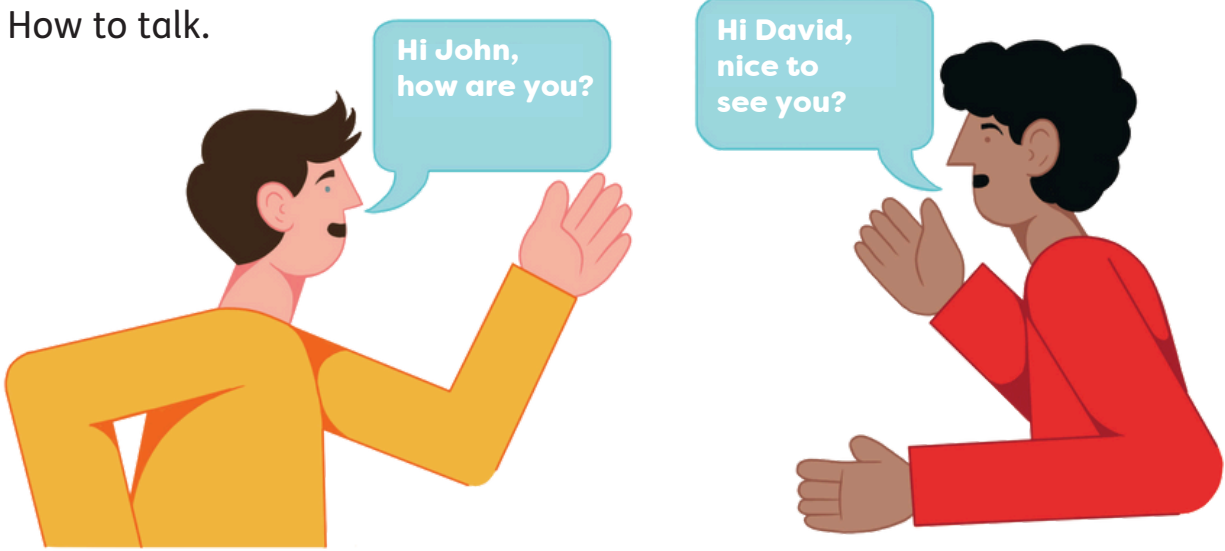
Remember things.



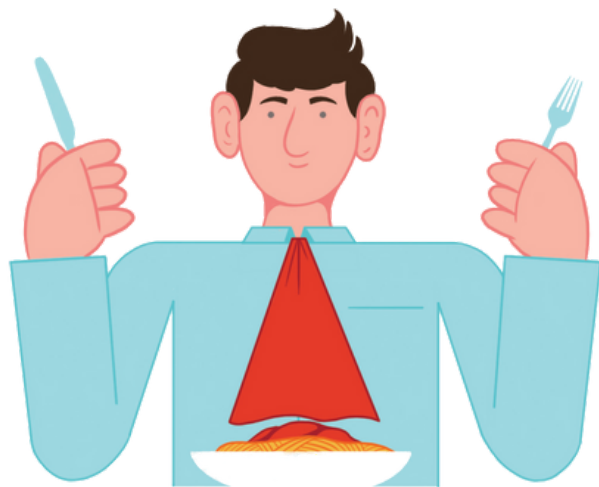
How to walk.



How to talk.



How to dress.



How to eat.

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# What can happen when dementia harms the brain?

The person's behaviour starts to change. The person might forget how to do things they usually do.



John used to travel on his own to college. Now he forgets where to get off the bus.

The person might start to get up in the middle of the night because they think that it is morning.



The person might begin to forget the names and faces of people they know well.

They might even forget your name.



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**Sometimes the person might start to throw things or shout and scream. There are a lot of reasons why they might do this. It might be because they feel:**



Sad.



Frightened.



They might have a pain.

**When someone has dementia they often forget the words that they need to tell people how they feel. Sometimes they shout and scream instead.**





The person might keep walking backwards and forwards around the room.



They might keep asking the same question over and over again.



The person might cry a lot.  
This is because they feel very  
frightened and confused.



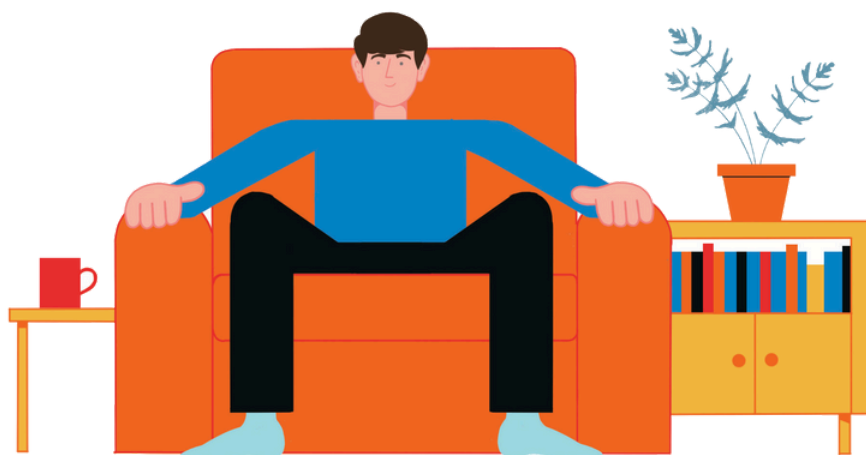
The person might get  
slower at doing  
everyday things like  
dressing and eating.

**If you are worried about someone  
you know, or about yourself, tell  
someone you trust to help.**

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# What can we do together?

The most important thing is to be peaceful and calm.



We can do this by having peaceful places for people to be in.



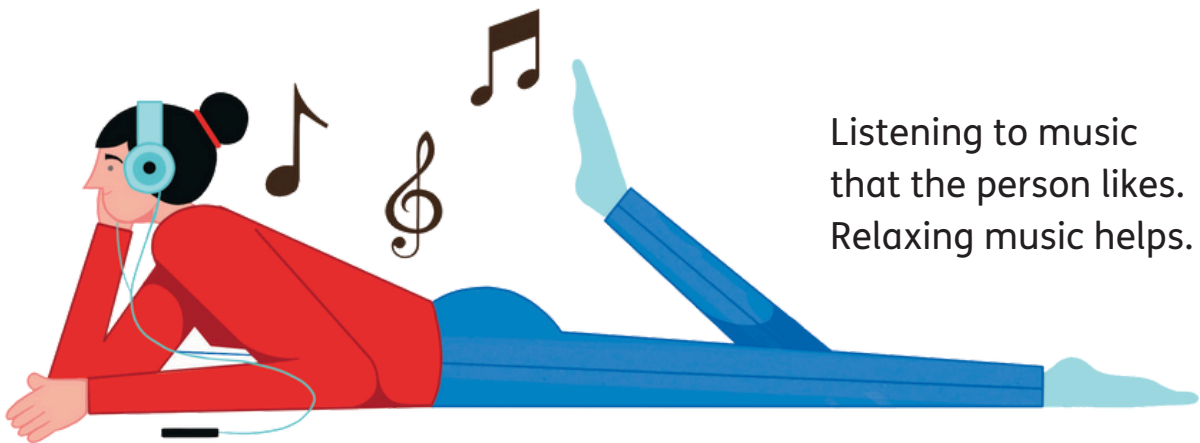
Would this person be calm and relaxed?

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# What other things help people to be calm?



Quietly looking at photos, magazines and pictures.



Listening to music that the person likes. Relaxing music helps.

Being allowed to do things slower than before.



Holding hands or stroking hands gently might help.



Have people speak slowly and calmly.  
Remember don't argue with them.

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# Spending time together

Things you may like to do (tick which ones you enjoy).



Look at old photos, and put them into a book.



Sit outside and look at the plants and animals.



Go for a walk.



Listen to some nice music.



Sing.

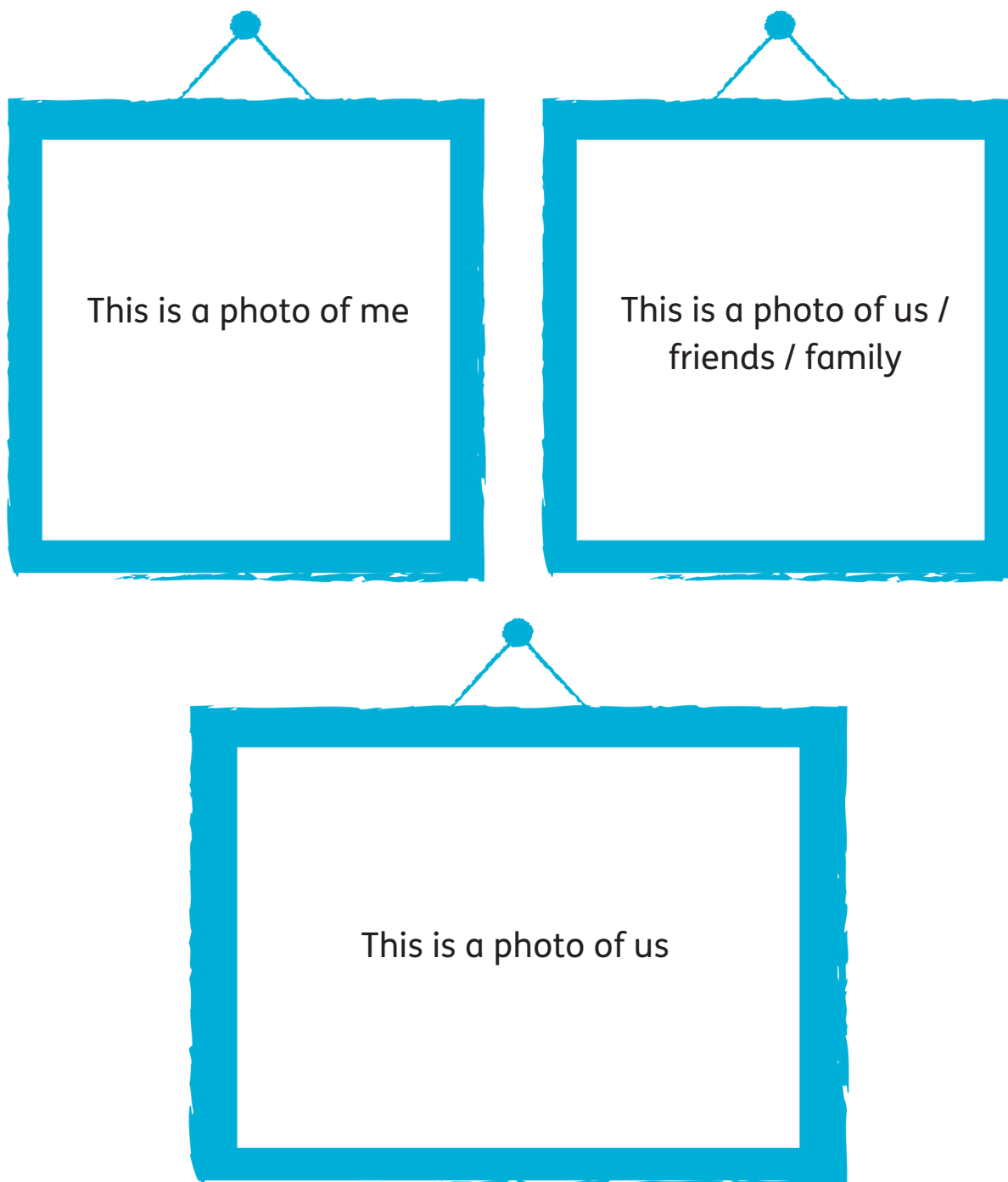
Dance.



Other ideas.

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## Things we have done...



**The best thing we have done together was...**

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# **This booklet is in an easy read format. It is advisable that family/carers/friends read the book and do the exercises with the person.**

**This workbook can be used in two different ways:**

- For a person with Down's syndrome who is developing dementia.  
To help them understand what dementia is, the impact it may have and what might help them.
- For a person with a learning disability whose friend or relative is developing dementia.  
To help them understand what dementia is and ways to help their friend.  
Down's Syndrome Scotland provides support to families, carers and professionals who care for people with Down's syndrome.

If you would like to access further support please call us on 0300 030 2121.

For further information visit: [www.dsscotland.org.uk](http://www.dsscotland.org.uk)




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