



## What is dementia?

A number of conditions lead to progressive loss of brain function as a result of physical changes in the structure of the brain. Dementia is the name given to a range of resulting symptoms. Alzheimer's disease is the most common form of dementia; others include Lewy-body dementia, vascular dementia, and frontal-lobe dementia.

## What are the symptoms?

Every person's experience of dementia is unique, with symptoms varying over time. Different people are affected differently. Some common symptoms include:

- Gradual memory loss
- Repeating statements or questions
- Difficulty performing familiar tasks
- Difficulty handling money
- Loss of initiative / apathy
- Impaired judgement
- Disorientation to time and place
- Personality changes
- Changes in mood or behaviour
- Problems with language skills
- Deterioration in driving skills
- Misplacing things.

If you are concerned about yourself or someone close to you, contact your GP. Ask for a thorough physical, neurological and social evaluation. If there is any serious concern it is wise to ask for referral for a specialist assessment at Waikato DHB or a private specialist.

## Seek help early:

Symptoms can be due to disorders other than dementia and can lessen or resolve with appropriate treatment in these cases.

If the cause is a form of dementia, an early diagnosis provides the best opportunity to benefit from medical, practical and emotional support that will make things easier for the person experiencing dementia, their whanau / family, and all who are close.

Although there is no cure at this stage, there are treatments that for some may slow the rate of deterioration, and there are lifestyle choices that can help. Anything good for the heart and circulation is good for brain health too.

## How can Dementia Waikato help?

Dementia Waikato is a charity providing support and information throughout the Greater Waikato Region, for people affected by dementia. Our trained and specialist staff are caring and knowledgeable.

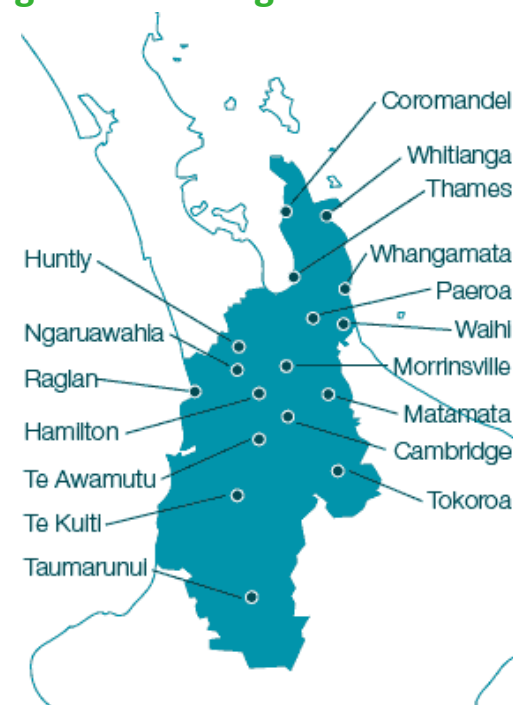
Dementia Waikato provides information, education, ongoing support, advice and personal advocacy for people experiencing dementia, their families / whanau, and those who are close to, and supporting them.

A diagnosis of dementia brings up many issues for a person and their supporters. Dementia Waikato helps people to negotiate their way forward in ways that suit their unique experience and circumstances.

## Dementia Waikato provides:

- Home visits & telephone support
- Carepartner support groups throughout the region
- Advice about community support
- Family Education seminars to help understand how a person experiences dementia, and develop strategies and skills to support everyone's wellbeing
- Living with memory loss programmes
- Activity groups for people with dementia
- Information about forms of dementia
- Community awareness talks
- Training for residential care facility staff and in-home carers.

## Regional Coverage:



## Enquiry Form



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone (home): \_\_\_\_\_

Phone (Work): \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### I am interested in:

- Contact from a staff member
- Written information on dementia
- More information  
(eg education / strategy sessions)
- Joining a support group
- Making a donation
- Becoming a volunteer

### Post this to:

Dementia Waikato,  
PO Box 5720,  
Hamilton 3242.

For more information or just to  
talk, please contact:

**Dementia Waikato**

Ph. 07 929 4042

0800 433 636

**Email:** [info@dementiawaikato.org.nz](mailto:info@dementiawaikato.org.nz)

**Website:** [www.dementiawaikato.org.nz](http://www.dementiawaikato.org.nz)

### Location:

25 Rifle Range Road,  
Dinsdale,  
Hamilton 3204.

### Postal:

PO Box 5720,  
Hamilton 3242.

*Our services are provided free of charge to  
families and people experiencing dementia .  
Please support our work with a donation or by  
becoming a member.*



*Living well with dementia*

# Support services



*Advice, education, and support  
for all who are affected by  
dementia, throughout the  
Greater Waikato.*