

What is dementia?

Dementia is a range of symptoms that show that the brain has a disease. Only some people get dementia. It does not happen to everyone as they get older.

Most people with dementia have Alzheimer's disease or vascular dementia. Fewer people with dementia have dementia with Lewy bodies (DLB) or frontotemporal dementia (FTD). There are other types of dementia that smaller numbers of people get.

What are the symptoms of dementia?

A person with dementia can forget things. They can think, feel, speak and act differently. They may be confused. These changes can be small. They will get worse. After some time, the person will not be able to do everyday things.

If you notice any changes and are worried about yourself or someone else, speak to your GP. For support, call Alzheimer's Society on 0333 150 3456.

What causes dementia?

Dementia is caused by changes in the brain. These happen because of the disease. Dementia gets worse as the brain cannot work properly.

There are reasons why a person might be more likely to get dementia. These risks are getting older, genes, injury, health and lifestyle (for example, physical activity, diet, alcohol and smoking). These are the only reasons why a person gets dementia.

Most people with dementia are over 65 years old. But younger people can also get dementia.

Can a person get better from dementia?

There is no cure for dementia. A person cannot get better from dementia. Most symptoms will get worse over time. How quickly this happens can be very different from person to person.

Some people with dementia may need a lot of help. Others may not need help for a long time after they find out they have dementia. Dementia shortens how long a person will live for. However, people can live with it for many years.



Factsheet 400, **What is dementia?** has more information. To read it, go to alzheimers.org.uk/what-is-dementia. For more information about our helpsheets, go to alzheimers.org.uk/helpsheets



Alzheimer's Society is here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join Talking Point, our online community of people affected by dementia – go to alzheimers.org.uk/talkingpoint

To find support in your area, go to alzheimers.org.uk/dementiadirectory

