

# Spotting the signs

## What is dementia?

Dementia is the term used to describe a group of symptoms that occur when the brain is affected by specific diseases and conditions. There are many different types of dementia, both inherited and non-inherited forms, with Alzheimer's the most commonly diagnosed type.

It is important to understand that dementia affects people in different ways. Broadly, the symptoms associated with dementia are a decline in short term (recent) memory, reasoning and communication skills, a gradual loss of the ability to carry out daily activities and confusion. The symptoms of dementia gradually get worse over time, but how fast the dementia progresses will depend on each individual.

## Possible symptoms of dementia

- Increased forgetfulness – for example forgetting recent events or forgetting the names of friends or everyday objects
- Losing the thread of a conversation
- Feeling confused even when in a familiar environment
- Increasing difficulties with tasks and activities that require concentration and planning
- Changes in personality and mood
- Difficulty finding the right words.

## What should I do if these symptoms seem familiar?

The NHS advises that if you or a family member or friend is becoming increasingly forgetful, particularly if aged over 65, or if you are worried about any of these symptoms, it is a good idea to seek medical advice and visit your GP for a check-up.

If you'd just like more information, the [Alzheimer's Society](#) has some good resources.

Further information on caring for someone with dementia can also be downloaded from the [Anchor website](#).