

ਲੜਾਕੇ ਪ੍ਰਾਦੇਸ਼ੀ

Recognising dementia within the South Asian Communities



www.johnbirdsall.co.uk

Are you or an older relative increasingly:

- Forgetful
- Finding it hard to communicate
- Not recognising people
- Feeling confused?

Then read on...

Some memory loss is common as we get older. However memory loss can also be an early sign of an illness called dementia.

Dementia currently affects over 750,000 people in the UK; over 18,000 people with dementia are aged under 65 years. Dementia affects one person in 20 aged over 65 and one person in five aged over 80.

There are about 14,000 people with dementia among minority ethnic communities. However, many services for these people remain inappropriate and inaccessible.

What is dementia?

There are different types of dementia, caused in different ways:

- **Alzheimer's** -- physical causes such as memory loss, communication problems, anxiety or aggression
- **Vascular dementia** -- where the brain is deprived of oxygen
- **Dementia with Lewy bodies** -- too much protein builds up in the brain and changes in concentration, language skills and memory problems occur
- **Pick's disease or fronto-temporal dementia** -- affects the front of the brain and there is a behavioural change in the person.

"It was our daughter Parminder who noticed first. I don't think it really dawned on me that there could be something wrong."

"My mum's dad has dementia and has twice become lost on his own street, not knowing where he was, how he got there or how to get back home."

"I feel really confused and don't know what is happening to me!"

What are the symptoms?

Whilst dementia can affect different people in different ways, there are common symptoms which include:

- Forgetfulness
- Finding it hard to remember things
- Loss of communication skills -- reading, writing or speaking
- Not recognising people
- Behaviour or personality changes
- Eating and sleeping pattern changes
- Losing sense of time or place
- Repeating the same thing over again
- Confusion
- Apathy and withdrawal
- Loss of ability to do everyday tasks.



The early signs of dementia are very subtle and vague, and may not be immediately obvious.

How will I be able to continue?

Continuing respect and care for the person with dementia is required, perhaps with a little bit more patience. Knowing and understanding the condition will help you understand why the person with dementia behaves the way that they do. Once you know why they behave in certain ways this will help you accept and be able to cope with their behaviour.

What should I do if I want help?

Start off by accepting that you or a relative may have symptoms that could possibly indicate the onset of dementia. Then speak to your doctor, who will be able to get a proper assessment organised for you.

Other organisations such as the Alzheimer's Society have a wealth of knowledge and experience that can help answer your concerns.

Meri Yaadain aims to raise the awareness of dementia in the South Asian communities in Bradford, and help those who have dementia and their carers to understand the condition and seek appropriate support and advice.

Remember -- dementia is not a taboo subject for you or your relatives to suffer in silence!

The sooner you realise this, the sooner you can get the right help.

If you or someone you know suffers from dementia, please contact the Meri Yaadain Project on:

01274 435190 or 01274 435194

