

Spend five minutes doing something that will make a difference for a lifetime

NHS Medway Clinical Commissioning Group and Medway Council would like YOU to spend five minutes of your time thinking about people with dementia.

As Dementia Awareness Week takes place from 18 -24 May 2014, people living, working and studying in Medway are being encouraged to watch a five minute video and consider becoming a Dementia Friend.

We're not asking you to care for someone with dementia or do anything other than being more mindful of people who have problems with their memory. This simple step CAN make a difference to people who you live, work, socialise, study or shop with.

Go to www.dementiafriends.org.uk, watch the video, and sign up. It's that easy. Then, when you do something which makes a difference to someone with dementia, log it on the website.

Together we can make Medway a better place for people with dementia.

Dementia is a term used to describe a set of symptoms that generally include memory loss, difficulties with concentration, problem-solving and communication. Changes may be small to start with, but eventually become severe enough to affect the life of the person with dementia and those closest to them. The condition is most common in people over the age of 65.

Early signs of dementia may include:

- Struggling to remember recent events
- Finding it hard to follow conversations or programmes on TV
- Forgetting the names of friends and family or everyday objects
- Repeating yourself or losing the thread of what you are saying
- Feeling anxious, depressed or angry
- Other people commenting on your forgetfulness
- Feeling confused in a familiar environment
- Struggling to find the right words
- Difficulty with numbers or handling money in shops.

Almost 3,000 people in Medway are thought to have dementia, yet only half of them are diagnosed. There's a lot going on in Medway to support them, and early diagnosis is the key to unlocking support.

If you, or someone you know, may have dementia, encourage them to talk to their GP.

As we all live longer, the percentage of people with dementia is expected to increase.

Around 670,000 people in England are diagnosed with dementia, with 1,300 of these in the Medway area. However, experts predict the actual number of people in Medway who have the condition is closer to 2,800.

We're taking steps to help more people get diagnosed, we're raising awareness and supporting people with dementia, and their families.

We want Medway to be a dementia-friendly community. Join us by becoming a Dementia Friend and do your bit to help us.

Dementia facts

- **9,675** people from Kent and Medway are currently registered as having dementia
- **But there are thought to be 22,886** people in Kent and Medway that actually have dementia
- **Two thirds** of people with dementia in the UK are women
- **One in three** people in the UK over 65 will develop dementia.

Useful contacts and further information:

- Alzheimer's and Dementia Support Services: www.alz-dem.org. This Kent based charity provides a 24 hour freephone support line for people with dementia and their carers on 0800 500 3014.
- Alzheimer's Society: www.alzheimers.org.uk. A national charity with local branches. They provide a helpline which is usually open 9am to 5pm, Monday to Friday and 10am to 4pm on Saturday on **0300 222 1122**.
- NHS Choices: www.nhs.uk/dementia
- NHS Your Health: www.nhs.uk/Service-Search/Dementia/
- Mental Health Foundation - www.mentalhealth.org.uk
- NHS services - www.kmpt.nhs.uk/Dementia-Services
- For further information on Dementia Awareness Week, visit: <http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200450>