

Getting a diagnosis of dementia

Early Signs of Dementia

- Struggle to remember recent events
- Find it hard to follow conversations or programmes on TV
- Forget the names of close friends or everyday objects
- Struggle to recall things heard, seen or read recently
- Regularly lose the thread of conversations
- Putting objects in unusual places
- Feel confused, even in a familiar place, or get lost on familiar journeys
- Find that people start to notice or comment on the memory loss

Why is getting diagnosed important?

- Dementia is not a normal part of ageing
- Rule out other medical conditions that may have similar symptoms (e.g. depressions, constipation, thyroid problems, vitamin deficiencies)
- Rule out other possible causes of confusion (e.g. poor vision, hearing impairment, emotional and/or environmental changes, side effects of medications)
- Ensure relevant information and treatments can then be provided (emotional, practical, legal and financial)
- By having the assessment, the type of dementia can often be diagnosed which can affect the right course of treatment and support how to best manage symptoms and progressions

Getting advice about memory problems

The GP is the first person to contact about concerns in memory loss. It is important to find out any underlying causes that may be available. GP will refer to a local memory clinic or hospital specialist who will complete further assessments to aid diagnosis.

Call our Dementia Connect support line: 0333 150 3456
Email a dementia advisor: dementia.connect@alzheimers.org.uk
Find support online, there is plenty of assistance out there.

Individual Declines Investigations

- May not acknowledge they have memory problems
- May be frightened and concerned it will affect their independence
- GP may be able to offer a home visit to review them in their own environment

If GP will not refer to Memory Service / clinic for assessment

- Record changes in behaviours
- Persist in request for assessment
- Keep a record of relevant information about persons health

Getting a difficulty in getting a diagnosis or require information, contact a specialist dementia nurses helpline: **0800 888 6678 / helpline@dementiauk.org**