



East And South East Asian Carers Dementia Support Hub

Spot the signs of dementia

Get early support for your family

Not sure what I could
do for them?

I feel exhausted looking
after a family member
with dementia!

What day is today?



Chinese Community Wellbeing Society

Address: Spur 8, The Vassall Centre,
Gill Avenue, Fishponds, BS16 2QQ
(Registration no : 1181750)



(0117) 935 1462

www.chineseccws.org.uk

Signs of Dementia:

- ☐ **Memory loss**
Fail to recall recent events or keep losing items.
- ☐ **Disorientation of time; place and subject**
Have confusion with time and place.
Mix up people and incidents that they have just met and encountered.
- ☐ **Difficulty in performing familiar tasks**
Struggle with daily chores and routine, such as preparing a meal or getting dressed.
- ☐ **Repeating speech or gestures**
Ask repeated questions, do the same gesture and say something over and over again.
- ☐ **Problems with language and communication**
Fail to express with the right words and get the words that may not fit the context.
- ☐ **Expressive aphasia**
Can only use basic nouns and verbs with slow and halting speech; difficult to construct a sentence.
- ☐ **Hoarding**
Collect a large number of things that seem of little or no value and may also hide things, such as food in drawers with clothes.
- ☐ **Difficulties in planning and decision making**
May get confused more easily and find it harder to plan, solve problem and make decisions (such as paying bills and dealing with numbers).
- ☐ **Anxiety and wandering off**
May feel anxious or agitated and become restless, causing a need to wander off.
- ☐ **Changes in emotion and behaviour**
Withdrawn and lost interest in hobbies, showing drastic changes in mood and distrust others even family members.
- ☐ **Problems with abstract ideas**
Fail to understand and express subject matters related to numbers and symbols. Sometimes, fail to handle numbers and cannot count change in shopping thus only use banknotes.
- ☐ **Inappropriate behaviour**
May go out in midnight and also hide things, such as food in drawers with clothes.

These may be the early indicators of dementia. If you notice any of the above symptoms in yourself or your loved ones, contact your GP to discuss diagnosis and early intervention. We can also provide help and support, please contact us at (0117) 9351462 to speak to someone confidentially.



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