

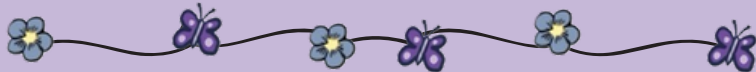
# Understanding dementia



## Did you know?

1. Nearly **1 million people in the UK** live with dementia but over a third are going about their life without a diagnosis
2. **Dementia isn't one disease** – it's a group of symptoms caused by changes in how our brain works  
- Alzheimer's disease and vascular dementia are common
3. **Looking after your brain can make a difference** - staying active, eating well, keeping socially and mentally engaged, and managing risks like high cholesterol can almost halve your risk of developing dementia
4. **Dementia is not a natural part of ageing** - growing older increases your chance of getting dementia although most older people don't develop it
5. **It can affect younger people too** - around 1 in 20 people with dementia are under 65

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# Did you know?

**6. Anyone can develop dementia** - it's rarely directly inherited by children and grandchildren

**7. Early diagnosis really helps** – the right care and support can improve life and even slow down symptoms

**8. Help is available** - people diagnosed may be entitled to financial support like Attendance Allowance, Personal Independence Payment (PIP), housing benefit, and council tax reduction

**9. Dementia is different for everyone** – common symptoms include changes in memory, thinking, behaviour, personality, and emotions

**10. Life doesn't stop with dementia** - with understanding and the right care, people can still enjoy life, relationships, and contribute to their communities

Scan the [QR code](#) for more information on dementia and how you can access support



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