

I'm finding it difficult to:

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Changes in my abilities in the last year include:

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Others have noticed:

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Remember

Your Doctor is there to understand and support you, before further referrals are made, they will first need to rule out any other physical reason for what you are experiencing. If you feel the changes are not improving, keep your Doctor updated and ask to see them again. If your doctor suspects that you may have Dementia they will inform you of what will happen next.



**Kirklees
Dementia
Hub**

01484 503 908

Spotting the Signs of Dementia

Name

.....

**Name of person who is attending
the appointment with you**

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What is this booklet for?

If you are concerned about your memory or feel that something isn't quite right about yourself or someone that you know. You can make some notes inside this booklet and take it along to a Doctor's appointment. This booklet can be used by the person experiencing symptoms themselves, a family member, a carer or an advocate.

Potential signs of Dementia

Dementia doesn't always affect the memory first, there are other signs that may cause you concern such as:

- Difficulties with vision such as judging distance, colour, contrast and reading.
- Having trouble following or joining in conversations.
- Struggling to find the right words.
- Forgetting names of family and friends or objects.
- Losing things and being unable to retrace your steps.
- Poor judgment around money, for example, signing up to a door to door sales pitch when you wouldn't usually do so.
- Forgetting to pay bills.
- Paying less attention to personal hygiene and grooming.
- Becoming withdrawn from things you like to do socially e.g. not going to your weekly walking group.
- Becoming confused and paranoid - changes in your mood e.g. getting more upset or angry.
- Losing track of time or place.

Everyone experiences Dementia differently and symptoms vary greatly, some may have few and others may have many of these symptoms.

Your Appointment

Contact your Doctor to book an appointment to discuss your concerns.



Ask for a longer appointment.



Using the headings on the next page, write down anything you feel worried about.



Take this booklet with your notes to your Doctor appointment.



Take notes of what your Doctor says during the appointment.

Appointment Date: Time:

Doctor's Name:

Notes:

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If you need any help or advice about a diagnosis or worries about Dementia you can contact:



**Kirklees
Dementia
Hub**

Kirklees Dementia Hub
Information and Advice Line
Monday - Friday, 9am - 5pm
☎ 01484 503 908