

The United Reformed Church  
**Signs of dementia and  
memory loss**



**GOOD  
PRACTICE 6**

The material in this resource comes from [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Dementia**

Each person experiences dementia in their own individual way. Different types of dementia all solve

- problems with language and communication – for example, difficulties following a conversation or finding the right word for something
- misunderstanding what is being seen – for example, problems judging distances (such as on stairs) or perceiving the edges of objects, and misinterpreting patterns or reflections
- being confused about time or place – for example, losing track of the time or date, or becoming confused about where they are
- mood changes or difficulty controlling emotions – for example, becoming unusually

#### **MEMO**

- sleep problems – as well as disruption to their body clock, a person with dementia may sleep more in the day and have difficulty sleeping at night
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- taking longer to retrieve information – this means that, even though the person is still able to recall things, this takes them much longer or they might need a prompt. For example, they might need more time to find the name for an object
- not being able to retrieve information – for example, they may get lost in familiar surroundings or on journeys they have taken many times.

Memory loss affects everyone differently but many people with dementia experience some of the following:

- forgetting recent conversations or events (sometimes referred to as short-term memory loss)
- struggling to find the right word in a conversation
- forgetting names of people and objects
- losing or misplacing items (such as keys or glasses)
- getting lost in familiar surroundings or on familiar journeys
- forgetting how to carry out familiar tasks (such as making a cup of tea)
- forgetting appointments or anniversaries
- not being able to keep track of medication, and whether or when it has been taken
- struggling to recognise faces of people they know well.

These changes may be more visible to family and friends than to the person themselves.



# Mood and behaviour problems

Tic if affected  
b

Tic if acting  
da

H...g  
bee  
a...g

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