



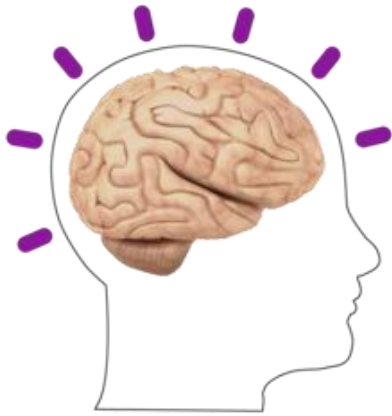
National
Intellectual Disability
Memory Service



**I have been
diagnosed with dementia**

Suggested citation: National Intellectual Disability Memory Service (2020). *I have been diagnosed with dementia.*

What is dementia?



Dementia is a disease that affects some people as they get older.

Dementia causes some changes in the brain.



You might have trouble remembering things.



You might forget people's names.

You might forget where you put things.



Sometimes you might be confused or sad.

Your family or support staff can help you with these feelings.



You might need someone to help you with things like:

- getting dressed
- doing shopping
- doing work around the house

Living Well with Dementia



You can keep doing all of the things you enjoy!

Your family and staff will help you.



You need to keep your brain and body healthy.



Eat healthy food. Healthy food is good for your brain.



Get regular exercise.



It is important to get enough sleep.



Enjoy time with friends and family.



Your doctor might give you tablets to help with your memory.



You can talk about your feelings if you have any worries.

Talk to your family, your carer or your doctor.



The National Intellectual Disability Memory Service is here to help and support you to live well with dementia.



You can phone us if you have any questions (01) 4142577

Or



You can email nidms@tcd.ie with any questions



National
Intellectual Disability
Memory Service



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



**Tallaght
University
Hospital** | Ospidéal
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An Academic Partner of Trinity College Dublin



Daughters of Charity
Disability Support Services

With the support of



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National
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Office



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