

# Dementia help sheets

All help sheets are available to view or download at [dementia.org.au](https://dementia.org.au)

## About dementia

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1. What is dementia?
2. Diagnosing dementia
3. Diagnosis: informing the person with dementia
4. Information for family and friends
5. Information about dementia for young people
6. Information about dementia for parents and grandparents
7. Early planning
8. Next steps
9. Drug treatments and dementia
10. Genetics of dementia
11. Dementia research
12. Memory changes
13. Alzheimer's disease
14. Progression of Alzheimer's disease
15. Down syndrome and Alzheimer's disease
16. Vascular dementia
17. Frontotemporal dementia
18. Alcohol related dementia and Wernicke-Korsakoff syndrome
19. HIV associated dementia

20. Lewy body disease
21. Younger onset dementia
22. Posterior cortical atrophy
23. Dementia terminology

## Changed behaviours and dementia

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1. Changed behaviours
2. Problem solving
3. Depression and dementia
4. Wandering
5. Sundowning
6. Anxious behaviours
7. Aggressive behaviours
8. Agitated behaviours
9. Hallucinations and false ideas
10. Disinhibited behaviours

## Looking after families and carers

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1. Taking a break
2. Taking care of yourself
3. Feelings
4. Men in a supportive role
5. Coping after the death of someone with dementia

## **Caring for someone with dementia**

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1. Communication
2. Therapies and communication approaches
3. Safety issues
4. Caring for someone who lives alone
5. Activities
6. Making the most of respite care
7. Driving
8. Travelling
9. Working with doctors
10. Going to hospital
11. Pain
12. Eating
13. Nutrition
14. Dental care
15. Dressing
16. Sleeping
17. Hygiene
18. Continence
19. Intimacy and sexual issues
20. Later stages of dementia
21. Palliative care

## **Residential care and dementia**

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1. Residential aged care
2. Choosing a residential aged care home?
3. Caring partnerships
4. Good care in a residential aged care home
5. Coping with placement

## **Information for people with dementia**

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1. About you... what is dementia?
2. About you... early planning
3. About you... looking after yourself
4. About you... driving
5. About you... living alone
6. About you... feelings and adjusting to change
7. About you... keeping involved and active
8. About you... talking about the diagnosis
9. About you... talking with your doctor
10. About you... making employment decisions

## **Dementia-friendly environments**

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1. Adapting your home
2. How can supportive aids help?
3. How to design dementia-friendly care environments

## **Aboriginal and Torres Strait Islander people**

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1. What is dementia?
2. Diagnosing dementia
3. Information for family and friends
4. Memory changes
5. Alzheimer's disease

## **Lewy body disease**

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1. Lewy body disease – an overview
2. Cognitive (thinking) changes in Lewy body disease
3. Neuropsychiatric (behavioural) changes in Lewy body disease
4. Motor (physical) changes in Lewy body disease
5. Autonomic (involuntary function) changes in Lewy body disease
6. Lewy body disease information for family and friends
7. Lewy body disease information for home care workers
8. Lewy body disease information for community respite workers
9. Lewy body disease information for acute care workers
10. Lewy body disease information for care facilities

## **Younger onset dementia**

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1. Younger onset dementia - an overview
2. Planning ahead: Decision making capacity and the law
3. Attention and memory
4. Language and communication
5. Addressing challenges
6. Employment
7. Health, wellbeing and lifestyle

## **Other information**

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1. Mild Cognitive Impairment (MCI)
2. Living with dementia in retirement villages
3. Home care for people living with dementia
4. Hearing loss and dementia

## **Tips to assist social engagement**

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1. Tips for friends
2. Tips for visiting
3. Tips for holiday cheer
4. Tips for art at home
5. Tips for music at home
6. Tips for caring from a distance

## **Dementia Q&A**

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- 1.** Drug treatments for Alzheimer's disease – Cholinesterase inhibitors
- 2.** PBS subsidies for cholinesterase inhibitors: What are the conditions?
- 3.** Drug treatments for Alzheimer's disease – Memantine
- 4.** Drugs used to relieve behavioural and psychological symptoms (changed or responsive behaviours) of dementia
- 5.** Risperidone for treatment of behavioural symptoms in dementia (also known as changed or responsive behaviours)
- 6.** Mental exercise and dementia
- 7.** What you eat and drink and your brain
- 8.** Physical exercise and dementia
- 9.** Safer walking for people with dementia - approaches and technologies
- 10.** Tests used in diagnosing dementia
- 11.** Diagnostic criteria for dementia
- 12.** Genetics of dementia
- 13.** Mild Cognitive Impairment (MCI)
- 14.** Vascular Cognitive Impairment
- 15.** Depression and dementia
- 16.** Pain and dementia
- 17.** Brain donation
- 18.** Rights to health information
- 19.** Aluminium and Alzheimer's disease
- 20.** Anaesthesia for older people and people with dementia
- 21.** Delirium and dementia
- 22.** Preventing financial abuse of people with dementia
- 23.** Souvenaid® - a dietary treatment for mild Alzheimer's disease
- 24.** Anticholinergic drugs and dementia
- 25.** Benzodiazepines and dementia

## **Coronavirus COVID-19**

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- 1.** Tips for carers, families and friends of people living with dementia
- 2.** Tips for residential aged care providers
- 3.** Tips for home care providers
- 4.** Tips for people living with dementia