

55,000
PEOPLE IN IRELAND
ARE LIVING WITH DEMENTIA

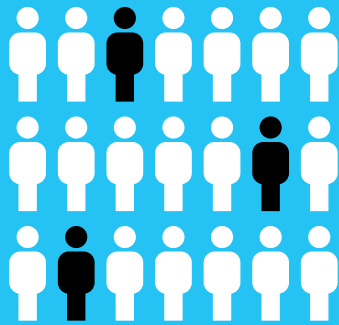
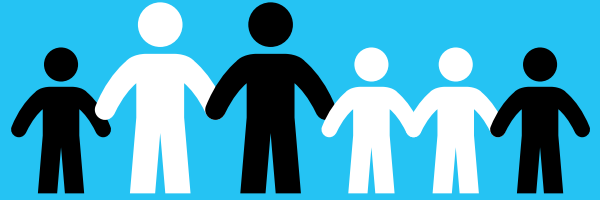


EACH YEAR OVER
4,000
PEOPLE DEVELOP DEMENTIA



THAT'S AT LEAST 11 PEOPLE EVERYDAY
Mothers, fathers, brothers, sisters, husbands, wives, neighbours & friends

HALF A MILLION
OF US HAVE HAD A
FAMILY MEMBER
WITH DEMENTIA

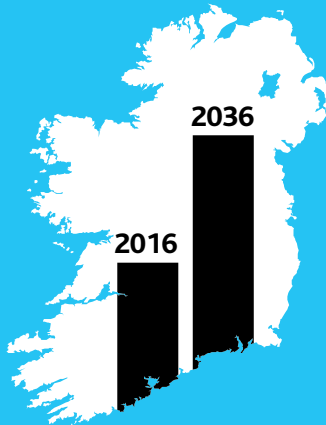


ANYONE
CAN GET
DEMENTIA
EVEN PEOPLE IN THEIR
30s/40s/50s

1 IN **10**
PEOPLE DIAGNOSED WITH
DEMENTIA IN IRELAND ARE
UNDER 65



2 THIRDS
OF PEOPLE LIVING WITH
DEMENTIA IN IRELAND
ARE **WOMEN**



THE NUMBER OF PEOPLE WITH
DEMENTIA IN IRELAND
IS EXPECTED TO MORE THAN
DOUBLE OVER THE NEXT **20 YEARS**, FROM
55,000 TODAY TO
113,000
IN **2036**

OVER **180,000**
PEOPLE IN IRELAND
ARE CURRENTLY OR HAVE BEEN CARERS FOR
A FAMILY MEMBER OR PARTNER WITH DEMENTIA

WITH MANY MORE PROVIDING SUPPORT AND CARE IN OTHER WAYS



WHAT IS DEMENTIA?



DEMENTIA IS CAUSED BY DIFFERENT DISEASES OF THE BRAIN

THESE DISEASES AFFECT THE PARTS OF THE BRAIN WHICH ARE NORMALLY USED FOR **LEARNING, MEMORY, DECISION-MAKING & LANGUAGE**

Alzheimer's Disease is the most common cause of dementia accounting for two thirds of all cases.

DEMENTIA IS PROGRESSIVE
THERE IS CURRENTLY NO CURE

Vascular dementia is the second most common type and is caused by diseases which affect the blood circulation in the brain. Other causes include dementia with Lewy bodies and frontotemporal dementia.

Symptoms include

- memory loss
- confusion with time or place
- difficulty communicating
- issues with problem solving
- changes in behaviour

THE MAJORITY OF PEOPLE WITH DEMENTIA ARE

OVER 65



DEMENTIA IS NOT A NORMAL PART OF AGEING
9 OUT OF 10 PEOPLE OVER 65 DO NOT HAVE DEMENTIA

DEMENTIA

IS NOT SIMPLY A HEALTH ISSUE BUT A SOCIAL ISSUE THAT REQUIRES A COMMUNITY RESPONSE



People are often afraid or embarrassed to talk to people they know with dementia, and this can lead to a lot of unnecessary loneliness.

Fear and stigma cause isolation and prevent people seeking help and support. Support and services can help people live well with dementia for many years.

FEAR & STIGMA



LEADING A **HEALTHY LIFESTYLE** BEING ACTIVE PHYSICALLY, MENTALLY & SOCIALLY CAN HELP REDUCE YOUR RISK OF DEVELOPING DEMENTIA



You can also **lower your risk** and **improve brain health** by:

- ✓ Eating healthy
- ✓ Not smoking
- ✓ Avoiding excess alcohol
- ✓ Getting your blood pressure checked and treated



PEOPLE KNOW SOMEONE WHO HAS **HAD DEMENTIA**



BUT ONLY 1 IN 4 SAY THEY HAVE A GOOD UNDERSTANDING OF DEMENTIA

Understand Together is a public support, awareness and information campaign led by the HSE working with The Alzheimer Society of Ireland and Genio.

Understand Together is one of the key elements of the National Dementia Strategy and has been made possible through a funding partnership between the State and the Atlantic Philanthropies.

www.understandtogether.ie