







# Talking About Dementia

## Keeping Healthy and Active as You Get Older



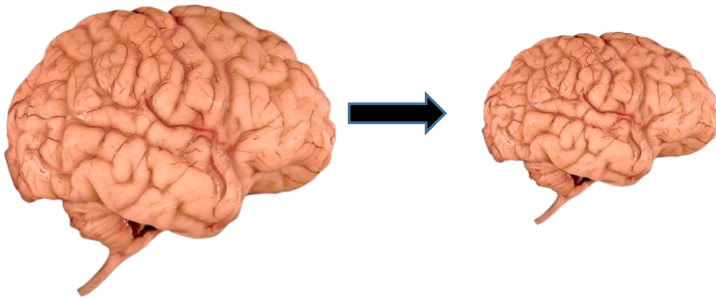
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# What is Dementia?



Dementia is an illness which changes your brain. This means your brain may not work properly.



Men and women can get dementia.



People who have a learning disability can get dementia earlier than other people.



# Talking About Dementia



Dementia can make it more difficult for you to do everyday activities and remember things.



It is important to talk about dementia so that people with dementia can get help and support.



Talking about dementia will help everyone understand how people with dementia feel.



# Talking about Dementia

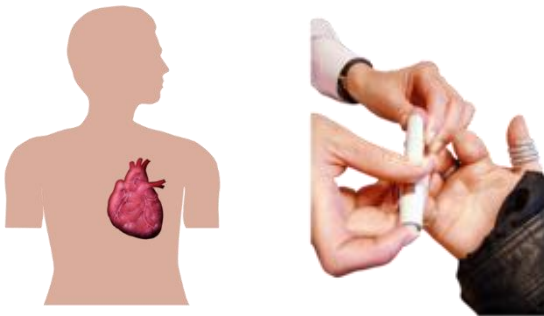
## Get more information



You can get help from charities, your local Health and Social Care Trust and local council.



# A Healthy Lifestyle



Having a healthy lifestyle can mean you are less likely to get diseases like heart disease and diabetes.



A healthy lifestyle can mean that you are less likely to get dementia. A healthy lifestyle can help you stay well for longer.



There are different ways to make sure you have a healthy lifestyle.



# Be Active



It is important to be active. Being active is about moving your body and keeping fit.



Do something that you might enjoy like walking.



Swimming.



# Be Active



Dancing.



Ball games.



Keep fit.





# Healthy Eating and Drinking



It is important to eat a healthy diet.



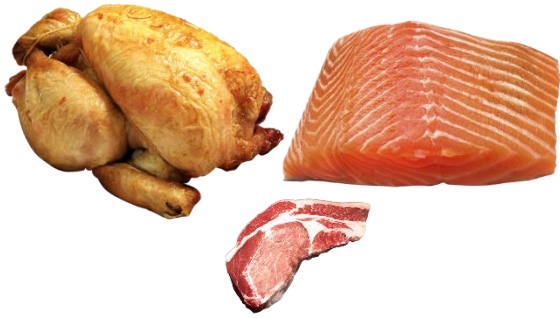
Eat lots of fruit and lots of vegetables.



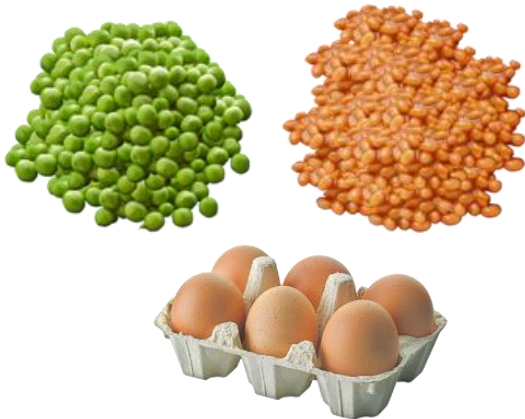
Eat plenty of fibre. Fibre is found in wholegrain and brown bread, brown rice and porridge.



# Healthy Eating and Drinking



Eat chicken and fish and just a little red meat.



Peas, beans, lentils and eggs are also good for you.



Drink plenty of water.



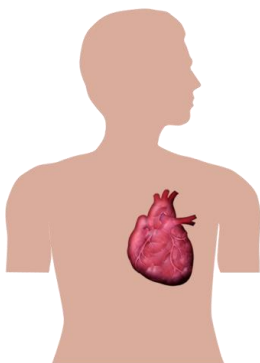
# Know About Stress



Stress is how you feel when things become too much for you and you worry.



Stress can make your body feel different. You might get headaches or become breathless.



You might feel your heart beat faster.



# Know About Stress



You might find it difficult to sleep.



Stress can make it difficult for you to concentrate.



You might feel like crying.  
You might feel cross.



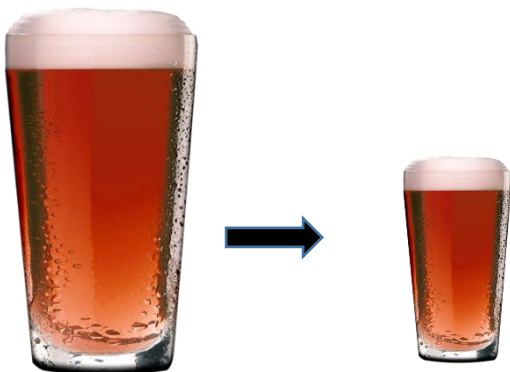
# Look After Your Health



Check your weight. Make sure you keep a healthy weight.



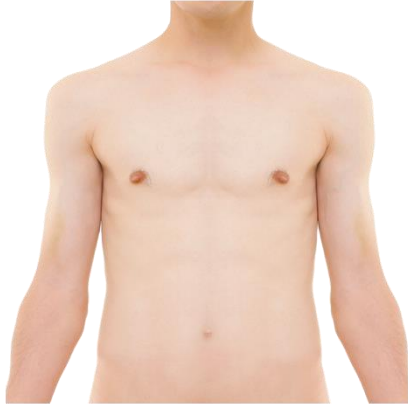
Stop smoking.



If you drink alcohol you should only take it in small amounts.



# Look After Your Health



Look out for anything different about your body.



Get your blood pressure checked. This can be done at your annual health check.



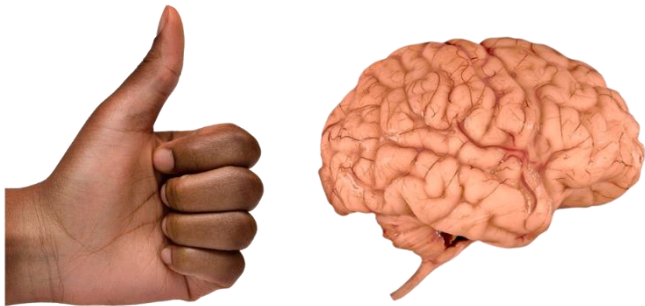
If you are worried about your health talk to your doctor.



# Good Mental Health



Good mental health makes your body feel better.



When you have good mental health your brain works better.



There are different things you can do to keep up your mental health.



# Good Mental Health



To have good mental health you should talk, and have fun with your family, friends and people you know.



Enjoy being with people at home, at work, in your day centre and where you live.



Helping others can make you feel good. It is good for your mental health.





# Good Mental Health



Helping others is a good way to meet up with people.



For good mental health it is important to know what is going on all around you.



Take time to notice all the people, sights and sounds.



# Good Mental Health



Keep learning. Learning new things will help your brain. It will help you to have good mental health.



Try to learn something new like a new game or a new hobby.



Remember to have fun and enjoy life. This is all part of having good mental health.



# Things to Remember



A healthy lifestyle can mean that you are less likely to get dementia. A healthy lifestyle can help you stay well for longer.



A healthy lifestyle is about eating and drinking well and keeping active.



A healthy lifestyle is knowing about stress.



# Things to Remember



A healthy lifestyle means looking after your health.



A healthy lifestyle is about looking after your mental health.



It is important to talk about dementia.

You can talk to \_\_\_\_\_

**This easy read booklet was created with the help of**

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Personal and Public  
Involvement (PPI)



Involving you,  
improving care



Public Health  
Agency