



What is Dementia?

Dementia is an overall term for a set of symptoms that is caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, severe enough to reduce a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour. These dementia symptoms are irreversible, which means that any loss of abilities cannot come back. Dementia is not a specific disease. Many diseases can cause dementia, including Alzheimer's disease, vascular dementia, Lewy Body disease, frontotemporal dementia and Creutzfeldt-Jakob disease. These conditions can have similar and overlapping symptoms. There is currently no cure for dementia. However, there are treatment options and lifestyle choices that may slow it down. Researchers continue to look for ways to prevent or stop dementia and to improve care and quality of life for those living with dementia.

Source: Grey Bruce Alzheimer's Society

Dementia Web Resources:

- <http://www.alzheimer.ca/greybruce/en/>
- <https://brainxchange.ca/>
- <https://sagelink.ca/>
- <https://archive.alzheimer.ca/sites/default/files/files/national/meaningful-engagement/meaningful-engagement-of-people-with-dementia.pdf>
- <https://pogoe.org/search/site/>
- <https://ageinc.ca/>
- <https://www.alzheimer.ca/greybruce/en/help-support/programs-services/minds-motion>
- https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf