

## OUR MISSION

To help meet the needs of people with Alzheimer's disease/dementia and their carers.

## OUR VISION

Our vision is an Ireland where no one goes through dementia alone and where policies and services respond appropriately to the person with dementia and their carers, at the times they need support



THE ALZHEIMER  
SOCIETY *of* IRELAND

## KEY MESSAGES ABOUT DEMENTIA

*Did You Know?*



**People can and do live well with dementia**

Many people have an image in their mind of what life with dementia looks like. That image is often very bleak. So it can be very surprising to learn that many people with dementia continue to live well, socialise and stay involved in their community.

## DEMENTIA AFFECTS OUR WHOLE COMMUNITY

We need to break down the stigma and negativity that often surrounds dementia.



**63%** OF PEOPLE WITH DEMENTIA CURRENTLY LIVE IN THE COMMUNITY

THE VAST MAJORITY OF PEOPLE WITH DEMENTIA ARE PRIMARILY CARED FOR BY A FAMILY MEMBER

**47,744** PEOPLE ARE CURRENTLY LIVING WITH DEMENTIA IN IRELAND

THERE ARE APPROXIMATELY **50,000** FAMILY CARERS OF PEOPLE WITH DEMENTIA IN IRELAND



**Dementia is NOT caused by Ageing and IS NOT part of the ageing process**

**There are approximately 4,000 people under 65 living with dementia in Ireland today**

**Dementia does not just affect your memory**

**DEMENTIA is an UMBRELLA TERM used to describe a range of conditions which cause changes and damage to the brain.**

The most common form of dementia is Alzheimer's disease

The early signs and symptoms of dementia may vary from person to person, and each type of dementia can have particular symptoms or characteristics linked to it. However, some general early signs and symptoms include:

- Memory loss, particularly for recent events
- Problems with language, difficulty finding the right word
- Changes in mood and behaviour
- Becoming confused in familiar surroundings or situations
- Difficulty in following conversations, TV programmes or reading
- Difficulty managing money and everyday tasks
- Difficulty solving problems or doing puzzles
- Loss of interest in hobbies and pastimes
- Repeating a question or story several times without realising

Most people will experience a number of these signs and will find that they are having increasing difficulty over time. In general, signs and symptoms emerge gradually.

## IF YOU ARE WORRIED

- Talk to your doctor/public health nurse
- Contact our national Helpline at **1800 341 341**
- Contact Drumkill Day care centre **047 57508**

## SERVICES AVAILABLE IN COUNTY MONAGHAN

### DRUMKILL DAY CARE CENTRE,

Drumkill, Threemilehouse, Monaghan

**Tel:** 047 57508

**Wednesday, Thursday and Friday: 10.30am-3.30pm**

**Nurse Manager** Eileen Sheridan

### Cloughvalley Day Care Centre

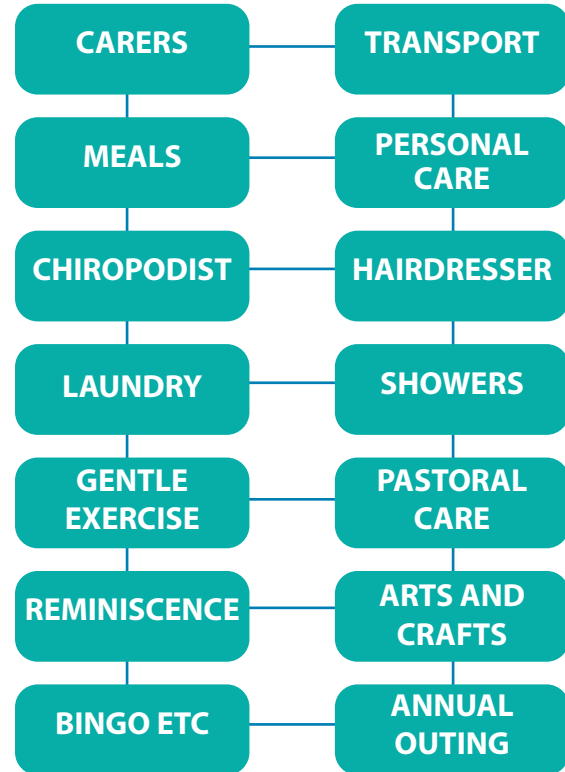
Cloughvalley, Carrickmacross

**Tel:** 087 3389808

**Thursday: 10.30am-3.30pm**

**Nurse Manager** Sara Boylan

## SERVICES PROVIDED



## SUPPORT GROUP

### BY APPOINTMENT AND INFORMATION SERVICE

#### MAE MURPHY

042-9744824  
047-57508  
0876418267

#### MARIE CASSIDY

042-9744884  
0868095214



## DRUMKILL DAYCARE CENTRE

Our day care centre's offers care specifically designed to meet the needs of people with dementia and their families.

#### ALZHEIMER CAFÉ

Drumkill, Threemilehouse  
1st Tuesday  
12.00am - 1.00pm

#### EARLY SIGNS OF DEMENTIA

Drumkill, Threemilehouse  
Social Day Care  
**EACH TUESDAY**  
1.00pm - 4.30pm

#### HOME CARE SERVICES

A flexible service that offers activity and social interaction to the person with Alzheimer's Disease and valuable assistance to their families.

## REMOVE THE STIGMA SURROUNDING DEMENTIA

Here are six easy ways you can make a difference:

- **Learn the facts.**  
Share your knowledge about dementia with others, including family and friends, especially if you hear something that isn't true. Talking about dementia lessens our fear and increases understanding.
- **Don't make assumptions.**  
Dementia is a progressive disease and affects each person differently. A diagnosis doesn't mean the person will have to stop his daily routine or give up working right away.
- **Watch your language.**  
Do you use statements like "she's losing her marbles," or "he has old-timer's disease?" Don't make light of dementia. We don't tolerate racial jokes, yet dementia jokes are common.

- **Treat people with dementia with respect and dignity.**  
A person's ability to do things we take for granted will change as the disease progresses. But no matter what stage of the disease, she's still the person she always was, with unique abilities and needs. Appreciate who she is. Don't talk around her or avoid her at family and social gatherings.
- **Be a friend.**  
People with dementia don't want to lose their friends nor do they want to stop doing activities they enjoy. Be supportive. Stay in touch and connected. Social activity helps slow the progression of the disease and lets people with dementia know you care.
- **Speak up!**  
Don't stand for media stereotypes that perpetuate stigma and myths. Call or write your local radio or television station or newspaper. Media is a powerful force in affecting how we act and think.

### **Alzheimer's National Helpline**

FREEPHONE  
1800-341-341

### **Home support North East Region**

#### **Michael Moran**

6 Liscarton Villas  
Kells road  
Navan  
Co Meath  
046 9071280

#### **Operations Manager**

#### **Gwen Ryan**

086 7858904

[www.alzheimer.ie](http://www.alzheimer.ie)

**Find us on Facebook at  
The Alzheimer Society of Ireland**

**[Twitter.com/alzheimersocirl](https://twitter.com/alzheimersocirl)**