

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.

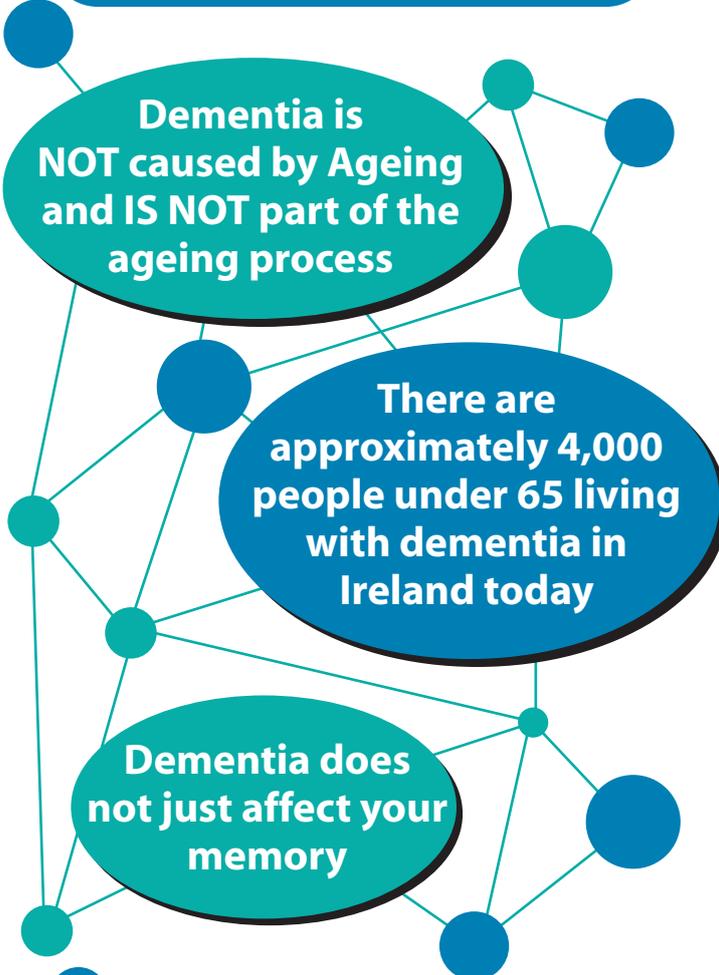


63% OF PEOPLE WITH DEMENTIA CURRENTLY LIVE IN THE COMMUNITY

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

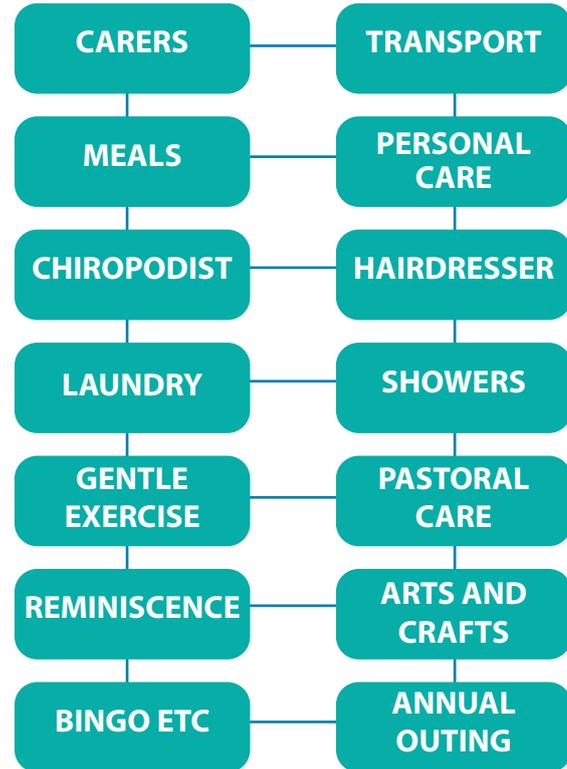
Cloughvalley, Carrickmacross

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

Find us on Facebook at

The Alzheimer Society of Ireland

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