# What is Dementia?

* Dementia is a collective term used to describe the symptoms that individuals with different brain disorders/ damage can have with their memory, language, and thinking.
* Alzheimer’s Disease is the most common/ Known disorder under the Dementia umbrella.

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What are some potential signs of Dementia?

* Memory Loss
* Confusion/ Disorientation to Time & Place
* Poor Reasoning/ Impaired Judgment
* Inappropriate Behavior
* Loss of Communication Skills

# How do I communicate with/ help someone who has, or may show signs of Dementia?

* Use short, simple sentences
* Allow the person time to process what you are saying
* Address the person by their preferred name
* Let the person know that you are here to help
* Talk slowly and clearly
* Ask one question at a time
* Speak only when you are visible to the person; maintain eye contact
* Limit distractions i.e. hand gestures, noise

# What should I **NOT DO** when communicating with someone who has, or may show signs of Dementia?

* Talk loudly if they do not understand
* Talk as if the person isn’t there
* Look frustrated or mad
* Use sarcasm or humor
* Rush the person
* Argue

Who do I call for help?

* **In case of Emergency call 911**
* **The person’s Caregiver (If Possible)**
* **Police/ Fire Department (within city limits) (865)215-4010**
* **Rural Metro (outside city limits)**

**(865)546-9960**

Who do I contact for more information?

* **Purple Cities Alliance** [**www.purplecities.org**](http://www.purplecities.org)
* **Alzheimer’s Tennessee** [**www.alzTennessee.org**](http://www.alzTennessee.org) **(865)544-6288 or toll- free 888-326-9888**
* **Alzheimer’s Association Eastern TN Chapter** [**www.alz.org/tn**](http://www.alz.org/tn) **(865)200-6668 or 24/7 help line: 1(800)272-3900**