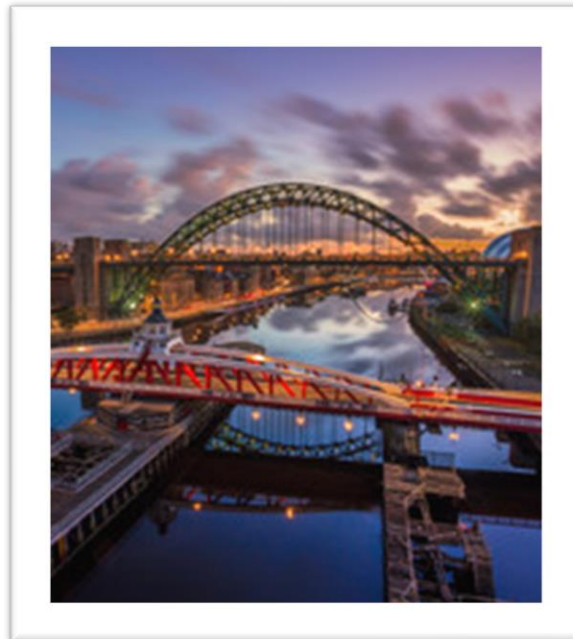


Dementia risks and responses

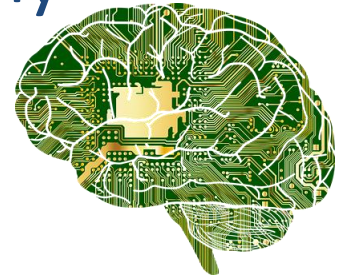
Alison Killen

Research Associate, Newcastle University & Health Psychologist



What is dementia?

- A group of symptoms caused by diseases that damage the brain so brain cells stop working properly
- Symptoms include memory loss, confusion, mood changes and difficulty with day-to-day tasks
- **Alzheimer's disease** is the most common dementia, others include vascular, frontotemporal & dementia with Lewy bodies



Dementia is....

- Not the same as having a poor memory



- Not a normal part of ageing



- Rarely passed down in families

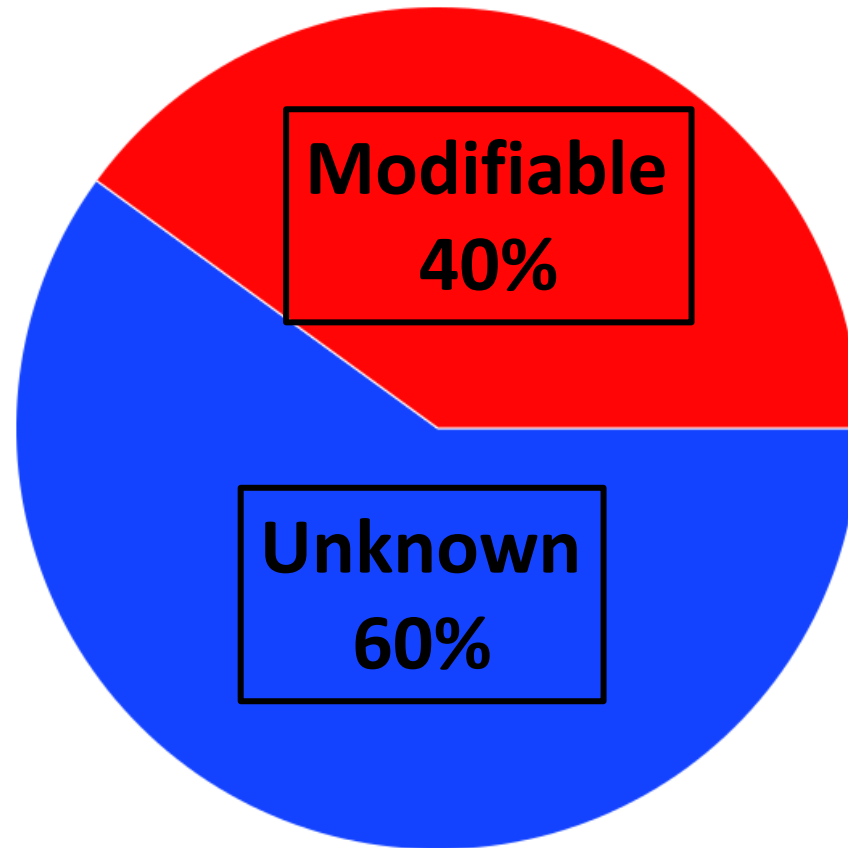


Ageing



A person's risk of developing dementia rises from **one in 14** over the age of 65, to **one in six** over the age of 80.

Dementia risk factors



Dementia risk factors



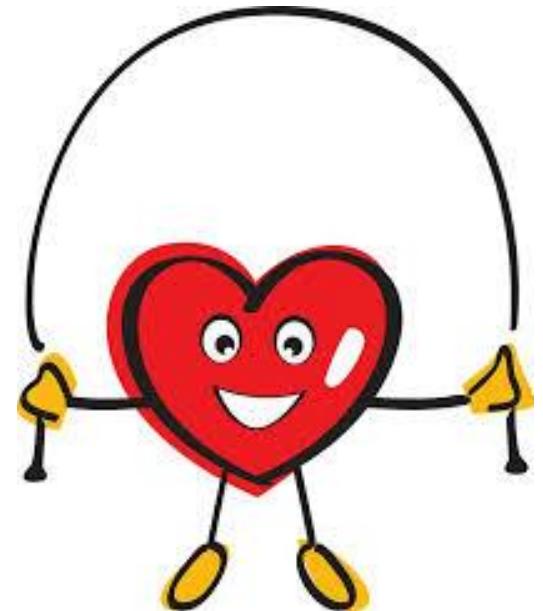
1. Stay connected

- Keep in touch with friends by phone
- Join a club related to a hobby
- Chat with your neighbours
- Watch a match with your mates
- Try volunteering



2. Love your heart

- Get off the bus a stop early
- Take the stairs not the lift
- Use the NHS quit smoking app
- Swap deep frying for stir frying
- Do some gardening



3. Stay sharp

- Try the puzzles in the paper
- Practise an instrument or language
- Learn to cook something new
- Try a new route
- Read a book or magazine



Supporting future generations



Research is making real progress.

You can help by

- Taking part in local research studies
- Advising researchers
- Joining the dementia research database

www.joindementiaresearch.nihr.ac.uk



In summary

Behaviour change impacts your risk and progression profile...

- Stay connected



- Love your heart



- Stay sharp



Thanks for listening



Funder acknowledgements

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for Health Research

COBALT

A stylized blue line graphic that resembles a jagged waveform or a line graph, positioned behind the text 'COBALT'.

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