



## Quick answers to common questions about dementia

*For families, caregivers, and anyone wanting to learn more.*

### What is dementia?

Dementia is a word used to describe changes in the brain that affect memory, thinking, and behaviour. These changes can make it hard to do everyday things like cooking, talking, or finding your way home.

Dementia is not a normal part of aging. It is caused by diseases, such as Alzheimer's disease.

### What are some early signs of dementia?

- Forgetting things more often than usual
- Getting confused about time or place
- Trouble with words or conversations
- Changes in mood or behaviour
- Difficulty managing tasks like cooking or paying bills

These signs may show up slowly and may be hard to notice at first.

## **What is the difference between normal aging and dementia?**

As we age, it's normal to forget things once in a while—like where we left our keys.

With dementia, memory loss happens more often and makes daily life harder. A person may forget how to do things they've done their whole life. They may not recognize people they know well.

## **Are there different kinds of dementia?**

Yes. There are many types of dementia. The most common is Alzheimer's disease. Other types include vascular dementia, Lewy body dementia, and frontotemporal dementia.

Each type may affect people in different ways. A doctor can help figure out what kind of dementia a person may have.

## **What are the stages of dementia?**

Dementia changes over time. These stages are just a guide—every person is different.

- Early stage: Mild memory loss, confusion, or trouble finding words. The person can still do most things on their own.
- Middle stage: More help is needed with daily tasks. The person may forget names or get lost.
- Later stage: The person may need full-time support. They may have trouble walking, speaking, or eating.

Even in later stages, many people respond to kindness, music, touch, and familiar voices.

## **How can I help my family member?**

- Be patient and kind. Speak clearly and calmly.
- Stick to routines and familiar surroundings.
- Use reminders or pictures to support memory.
- Spend time doing things they still enjoy, like music or storytelling.

Support is available in Nunavut — through health centres, community programs, and NDMS.

## **What should I do if I notice signs of dementia?**

Start by talking to the person gently about what you've noticed. Then book a visit to your local health centre. A healthcare provider can do a check-up, ask questions, and help with next steps.

## **Is there a cure for dementia?**

There is no cure right now, but there is help. Medicine and support can improve quality of life and help people stay safe and connected longer.