

WHAT TO DO IF YOU'RE WORRIED ABOUT MEMORY LOSS



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Nunavummi Disabilities Makinnasuaqtiit Society
Nunavummi Pimmaqluktut Makinnasuaqtiit Katimayit
Soci t  Nunavummi Disabilities Makinnasuaqtiit

For families and caregivers in Nunavut.

Memory loss is not just part of aging

If someone in your family is forgetting things, getting confused, or acting differently, it might be more than aging. It could be a sign of dementia. Finding help early can make a big difference.

Inuit take care of each other. When something changes, we talk about it. We help our Elders and loved ones with care and respect.

What you can do

When someone we love starts to change, it can feel confusing or even scary. But you don't have to wait or figure it out alone. NDMS is here to help. We support Nunavummiut with plain-language information, helpful resources, and connections to care.

Acting early can make things easier for the person you care for—and everyone around them. Here's how you can start.

Talk with the person you're worried about

- Choose a quiet time to talk.
- Share what you've noticed. Bring up the topic gently.
- Let the person speak. Listen with kindness and openness.

Visit your local health centre together

- Ask to speak with the healthcare provider about the memory changes you've noticed.
- They may ask questions or do a check-up to understand more.
- If the person you're caring for doesn't want to go, you can still visit the clinic yourself and ask for advice.

Keep track of changes

- Write down what you notice. For example: forgetfulness, confusion, mood changes.
- Bring your notes to healthcare appointments. They can help providers understand what's going on.

Learn more about dementia

- Understanding dementia helps us support our loved ones with care.
- NDMS and your health centre can give you plain-language resources in English and Inuktitut.

Know that support is available

- Dementia can be difficult, but you don't have to handle it alone.
- Help is available for families and caregivers across Nunavut.
- NDMS can connect you with support programs, tools, and ways to make daily life a little easier.

Need help?

NDMS supports Nunavummiut living with memory loss, and the people who care for them.

- Contact info at bottom of page