

## EARLY DIAGNOSIS OF DEMENTIA



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

### Why early dementia diagnosis matters

When someone starts showing signs of memory loss, it can be scary—and easy to ignore. But getting help early can make a big difference.

Dementia is not just part of getting older. It’s a medical condition. Getting an early diagnosis helps the person, their family, and the whole community.

#### What are the benefits of early diagnosis?

**Better care, sooner.** The person can get help earlier—through medication, counselling, and support services. Small changes to daily routines can help make life safer and calmer.

**Planning ahead.** The person can make their own choices while they’re still able. Families can plan together for care, housing, and finances.

**More time together.** Early support can sometimes slow down symptoms. That means more time to enjoy life as a family.

**Access to support.** NDMS, local health centres, and wellness workers can connect you with information and services.

#### Myths and facts

*“It’s just aging.”* Forgetting names once in a while is normal—but forgetting words, getting lost, or acting out of character may be signs of something more serious.

*“There’s no point in finding out.”* The earlier you know, the more support is available—and the more control the person keeps over their life.

*“There’s no help in Nunavut.”* Help is available. NDMS, local health centres, and community wellness programs are here to support you.