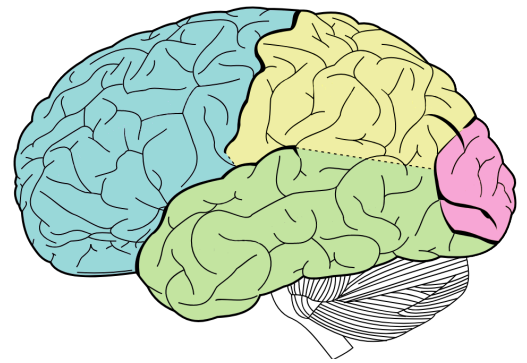


Questions that children often ask about dementia

1. What is happening to the person?

Dementia is a condition or illness that affects the way the person's brain is working. The brain controls everything that we do and so dementia can cause changes in the way the person thinks, their memory, the way they see things and the way they talk.



2. Will they get better?

Dementia is a condition that gets worse over time and there is currently no cure or way of stopping this from happening. Although the person won't get better, there are lots of things you can do to help them feel happy and secure.



3. Will I get it too?

Dementia is not like other illnesses such as chicken pox or a cold – you cannot catch it from someone. Just because a family member or close friend has dementia it does not mean that you will get it too.

4. Will the person forget me?

Sometimes people with dementia have difficulty recalling names. As we get older, our faces change, so they may struggle to recognise you because they picture you as being younger. However, the way the person feels about you will stay with them for much longer, and often a voice is easier to recognise. So if you are worried the person does not know who you are, you could try talking to them about memories you have shared and how you both felt at the time.

5. Do people with dementia get angry?

Living with dementia can mean that the person has to concentrate a lot harder to do things that come easily to others. This can make them feel very tired or frustrated, a bit like how you may feel if you are struggling with school work you don't understand. Feeling tired and frustrated may make the person more short-tempered and angry.

Sometimes the person may feel anxious or afraid, as they are struggling to understand what is happening around them.

If this happens, try to speak calmly to the person. Change the subject by bringing up more shared past memories and feelings with them. Try to remember it is not you they are angry with, but the difficulties they are having. If you feel worried, then always seek help from an adult.

6. Where can I get more help and information?

You can talk to an adult family member or your teacher if you want more advice. The Dementia UK website also has written information and leaflets [www.dementiauk.org/understanding-dementia/advice-and-information] that you may find useful.

Or you could call the specialist dementia nurses on the Admiral Nurse Dementia Helpline who will be happy to answer any questions and talk with you about any concerns you have. The Helpline is open Monday-Friday 9am-9pm and on weekends from 9am-5pm. Call **0800 888 6678** or email helpline@dementiauk.org

