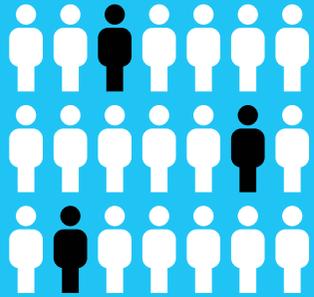


# Dementia in Ireland



PEOPLE DIAGNOSED WITH  
DEMENTIA IN IRELAND ARE  
UNDER 65



ANYONE  
CAN GET  
DEMENTIA  
EVEN PEOPLE IN THEIR  
30s/40s/50s



2 THIRDS  
OF PEOPLE LIVING WITH  
DEMENTIA IN IRELAND  
ARE WOMEN

## FEAR & STIGMA



Fear and stigma cause isolation and prevent people seeking help and support. Support and services can help people live well with dementia for many years.

## What is Understand Together?

Understand Together is a public support, awareness and information campaign led by the HSE, working with The Alzheimer Society of Ireland and Genio and supported by more than 30 partners from across Ireland. It aims to inspire people from all sections of society to stand together with the 500,000 Irish people whose families have been affected by dementia.

Understand Together is one of the six main elements of the National Dementia Strategy and has been made possible through a funding partnership between the State and the Atlantic Philanthropies.

For more about the campaign, information about dementia, supports and services, training and resources and how you can get involved visit

[www.understandtogether.ie](http://www.understandtogether.ie)

dementia

understand together

## The National Dementia Office

The National Dementia Office (NDO) was established in 2015 in order to oversee the implementation, monitoring, and ongoing evaluation of the National Dementia Strategy. The vision of the NDO is that people with dementia and their family carers receive the supports and services they need to fulfill their potential and to maintain their identity, resilience and dignity as valued and active citizens in society.

### Contact

Email: [dementia.office@hse.ie](mailto:dementia.office@hse.ie)

National  
Dementia  
Office

# dementia

understand together



 Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



THE ALZHEIMER  
SOCIETY OF IRELAND



# What you should know



## About Dementia

Dementia describes a range of symptoms caused by diseases of the brain affecting multiple brain functions. Common symptoms may include difficulties with thinking and language, problem solving and carrying out everyday tasks, memory loss and changes in mood and behaviour.

Common causes of dementia include Alzheimer's Disease and vascular dementia which is caused by conditions that affect blood circulation to the brain.

Although the risk of dementia increases as you age, it is important to remember that the vast majority of older people do not get dementia.

Dementia is different for everyone – what people experience, and how quickly you are affected is unique to each individual. What you can do, remember and understand may change from day to day.

## Supports and services

Many of us fear a diagnosis of dementia but getting an early diagnosis can make a big difference.

If you are worried that you or a loved one may have symptoms of dementia talk to your GP or another healthcare professional. Early diagnosis means that you and your family have early access to support, information and any appropriate treatment.

Support can make a big difference to the day-to-day lives of those living with dementia, often enabling you to stay independent for longer and to enjoy regular activities with family and friends.

# Taking care of your brain



There is growing evidence that leading a healthy, active lifestyle may help maintain your brain health. These simple, everyday steps can also help those with dementia to live well with the condition:

**Get physically active** Physical activity is very important for brain health. Every adult should aim to include 150 minutes of physical activity in their week- try taking a brisk walk for 30 minutes at least five days of the week.

**Keep your brain active** Everyday activities such as going to work, reading, playing cards or a musical instrument all keep your brain active. These activities should be a bit challenging but still enjoyable.

**Stay social** Join a friend for a walk, go dancing with your partner, continue attending your local sports club or any other activity with other people. Maintaining social connections and activity is central to living well with dementia.

**Quit smoking** It's hard to quit smoking but it can be done and it's one more way to maintain a healthy body and mind. With the help of the HSE QUIT team you can double your chances of quitting; give them a ring on 1800 201 203 or text them for free on 50100.

**Know your blood pressure** Healthy blood pressure is important not just for your heart but also for your brain health. You should get your blood pressure checked each time you visit your doctor, or at least once every six months.

**Healthy eating** Eating well is important for every body and every brain. A balanced diet that is rich in vegetables, fruit, wholegrains, dairy, lean meats, poultry and fish is a good starting point. Eating healthy food combined with reducing alcohol consumption are great ways to maintain physical and brain health.

# Dementia in Ireland

**55,000**  
PEOPLE IN IRELAND  
ARE LIVING WITH DEMENTIA



**HALF A MILLION**  
OF US HAVE HAD A  
FAMILY MEMBER  
WITH DEMENTIA

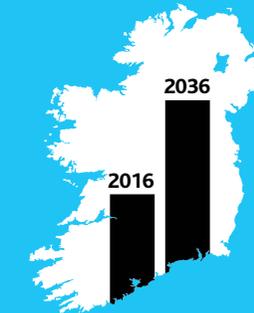


**1 IN 2**  
PEOPLE KNOW  
SOMEONE WHO HAS  
HAD DEMENTIA

**EACH YEAR OVER**  
**4,000**  
PEOPLE DEVELOP DEMENTIA



THAT'S AT LEAST 11 PEOPLE EVERYDAY



THE NUMBER OF PEOPLE WITH  
DEMENTIA IN IRELAND  
IS EXPECTED TO MORE THAN  
DOUBLE OVER THE NEXT 20 YEARS, FROM

**55,000 TODAY TO**  
**113,000**  
IN 2036

**OVER 180,000**  
PEOPLE IN IRELAND  
ARE CURRENTLY OR HAVE BEEN CARERS FOR  
A FAMILY MEMBER OR PARTNER WITH DEMENTIA

