

The following information has been provided as part of COTA NSW's Information Hubs established in the community. The information is intended as a guide only and should not be considered as advice. As with all matters of this kind, people need to seek and obtain relevant advice before taking any action.

COTA NSW's Information Hubs are part of COTA NSW's commitment to providing information and guidance to older in their own community. This Place-Based Navigation is designed to provide safe, accessible and independent information for older people. It has three (3) layers:

Signposting: This is delivered by peers that provide a safe and welcoming environment for older people to engage and ask questions. Information is provided that is designed to be general in nature and the peer will navigate the person to a more appropriate source is appropriate.

Information: This is provided by COTA NSW after the person has received information and aided by the COTA NSW peer, believes they require further information and knowledge to take action.

Guidance: Provided by content experts like Financial Planners or Accountants and Solicitors, supporting the person to act.

EARLY SIGNS OF DEMENTIA

“He keeps on forgetting . Then he is getting really irritated. It’s just not like him..”

Only a medical practitioner such as your local doctor or specialist can diagnose dementia.

It is important to note that early symptoms of dementia vary a great deal. Some early signs of dementia are also signs of living a busy life, having stress in your life or maybe being unwell with a virus or an infection.

Early signs vary but common early symptoms of dementia include:

- memory problems, particularly remembering recent events
- increasing confusion
- reduced concentration
- personality or behaviour changes
- apathy and withdrawal or depression
- loss of ability to do everyday tasks.
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Sometimes, people fail to recognise that these symptoms indicate that something is wrong. They may mistakenly assume that such behaviour is a normal part of the ageing process. Symptoms may also develop gradually and go unnoticed for a long time. Also, some people may refuse to act, even when they know something is wrong.

There is support for people with dementia and their loved ones. A good place to start is to call the National Dementia on 1800 100 500 or visit <https://www.dementia.org.au/>