



Dementia

If you're becoming increasingly forgetful, particularly if you're over the age of 65 it may be a good idea to talk to your GP about the early signs of dementia.

As you get older, you may find that memory loss becomes a problem.

It's normal for your memory to be affected by stress, tiredness, or certain illnesses and medications.

This can be annoying if it happens occasionally, but if it's affecting your daily life or is worrying you or someone you know, you should seek help from your GP.

But dementia isn't just about memory loss.

It can also affect the way you speak, think, feel and behave.

It's also important to remember that dementia is not a natural part of ageing.

Dementia Helpline
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