

What is Dementia?

Dementia is a set of symptoms including cognitive decline, changes in thinking and problem solving skills, memory loss, changes in perception/senses, confusion with time and place, social changes, difficulty speaking, poor judgment, sleep issues, hallucinations, and many more.

Different diseases cause dementia. Alzheimer's Disease is the most common cause of dementia, but it's not the only cause. Other types of dementia include Lewy body dementia, vascular dementia, frontotemporal degeneration, and others.

Dementia

Myths

&

Facts

Myth

Dementia means memory loss.



Fact

Dementia describes a set of symptoms. Memory loss is only a part of dementia. People with dementia experience sleep issues, personality changes, loss of balance, changes in perceptions, and many other symptoms.

Myth

Dementia only affects older adults.

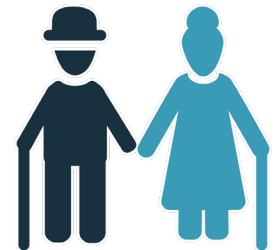
Fact

Age is the biggest risk factor for dementia, but many people under age 60 have dementia.



Myth

Dementia is a normal part of aging.



Fact

Not everyone will get dementia when they get older. Dementia is common in older adults, but it is not normal.

Myth

People with dementia can no longer live fulfilling, fun, or happy lives.



Fact

People with dementia can continue to do many things they enjoyed before. Although some adjustments may need to be made, they can still lead fulfilling lives and contribute to the greater community.

Myth

Most people with dementia live in nursing homes.



Fact

The majority of people with dementia live in their own homes and utilize community services.

According to the Alzheimer's Association, at least 66,000 people are living with dementia in Iowa and over 73,000 people are caring for someone with dementia in Iowa.

To learn more, visit: www.nia.nih.gov/health/alzheimers or www.alz.org