

ABOUT DEMENTIA: FOR FAMILIES WITH CHILDREN

By Dr. Gemma Jones, dementia care consultant.

Do you know anyone who has, or may have dementia? Have you wondered how dementia is diagnosed? Is it possible for families, adults and children, to understand and discuss dementia with each other in a helpful way, and that improves their communication with a person with dementia? Yes.

This story, told by Leo, is about how his family learned to understand what was happening to their great-aunt, 'Graidia', - before and after she was diagnosed with Alzheimer's dementia.

Visiting the Alzheimer Café helps them learn how much Graidia is struggling to adjust. Dementia is much more than 'just forgetfulness'. They also learn about:

- **Why she struggles to pay attention**
- **Different types of memory working differently**
- **Adjusting communication from facts to feelings**

When Graidia moves into a care home - the family develops a routine for visiting.

They learn to stay connected and positive, despite the inevitable changes.

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